



# Southern PRIDE

SWRHA'S NEWSLETTER



## Inside this issue...

Sod Turning Ceremony for the New Point Fortin Hospital • Achievements at Pathology Lab, SFGH • Community Nurses Conference • Transition to Secondary Schools • Carnival Cooler Lime



# New Point Fortin Hospital On Its Way

On Thursday 21st May, 2015 Dr. The Honourable Fuad Khan, Minister of Health was joined by Dr. Honourable Roodal Moonilal, Minister of Housing and Urban Development; and Dr. Lackram Bodoie, Chairman of the South-West Regional Health Authority to turn the sod for the commencement of construction of the new Point Fortin Hospital. The new hospital is scheduled to be completed by January 2018.

Delivering the feature address at the ceremony, Minister Khan said, "The 170, 000 square feet facility will provide 100 beds comprising 24 Medicine beds, 26 general surgery beds, 10 gynaecology beds, 15 obstetrics beds, 6 psychiatry beds, 10 paediatric/adolescent beds, 5 burns beds and 4 high dependence beds." The facility will also house 5 operating theatres, and provide laboratory, radiology, pharmacy and physiotherapy services.

Dr. Bodoie said, "The major benefit of this new hospital will be that very few, if any, patients will now have to be transferred to the SFGH and those very sick patients will now be treated closer to their homes and loved ones."



Dr. the Honourable Fuad Khan MP, Minister of Health, (5th from L) Dr. Lackram Bodoie, Chairman (4th from L) and Mr. Anil Gosine, CEO (2nd from R) with members of the SWRHA Board of Directors

Also attending the sod turning ceremony were Senator the Honourable Ms. Marlene Coudray, Minister of Local Government; Mr. Roberto Thym, Charge d’Affaires at the Austrian Embassy in Venezuela; Paula Gopee-Scoon, Member of Parliament for Point Fortin; other Cabinet Members; members of the SWRHA Board of Directors; and Mr. Anil Gosine, Chief Executive Officer, South-West Regional Health Authority.

# Redevelopment Plan for the SFGH



Dr. Lackram Bodoie, Chairman (4th from R) Mr. Anil Gosine, CEO (5th from L) and Dr. Shevanand Gopeesingh, Director of Health (4th from L) with other members of the Executive

The master plans for the redevelopment of three of this nation’s major hospitals: the Eric Williams Medical Sciences Complex, Port of Spain General and San Fernando General Hospitals, were revealed on Tuesday 26th May, 2015 at the Hyatt Regency Hotel. These hospitals were constructed between 60 to 100 years ago and over time population growth and demands for healthcare made it necessary to develop this structured approach towards meeting the needs of the current and future generations.

Under this redevelopment the San Fernando General Hospital will include expansions in the following areas:

- Bed capacity from 711 to 839 beds
- Imaging Rooms from 11 to 20 rooms
- Operating Rooms from 6 to 8 rooms

The South-West Regional Health Authority welcomes this upgrade of its main hospital as teams of dedicated health workers continue to provide comprehensive, quality healthcare in a safe and healthy environment.

# EMBRACING LEADERSHIP SYMPOSIUM 2015



Above: Dr. Oscar Ocho, Chief Nursing Officer, Ministry of Health (L), Mrs. Franka Olliviere-Andrews, General Manager, Nursing (10th from L), Mr. Mervyn Weir and Ms Marge Lowhar, Management Consultants (C), with Mrs Betty- Ann Pilgrim, Nurse Manager (R) and the Nursing Administration staff.



Left: (L-R) Mrs. Franka Olliviere-Andrews, General Manager Nursing; Mr. Anil Gosine, Chief Executive Officer of the SWRHA; Dr Lackram Bodoie, Chairman of the SWRHA; Dr. Wayne Frederick, President of Howard University; Dr. Honourable Fuad Khan MP, Minister of Health and Mrs. Betty-Ann Pilgrim, Manager, Nursing Administration.

Speaking at the Symposium, which was held at the Southern Academy for the Performing Arts, Dr. Honourable Fuad Khan MP, Minister of Health, encouraged persons to “think outside the box” by developing different ideas and adopting innovative approaches. This was echoed by Dr. Lackram Bodoie, Chairman of the SWRHA. “In the healthcare environment, leadership entails setting new trends, being innovative and being willing to journey, along paths less travelled,” he said.

Mr. Anil Gosine, Chief Executive Officer further encouraged the audience of over 350 persons to view leadership as a lifetime commitment. “John Buchan said ‘The task of leadership is not to put greatness into people but to elicit it, for the greatness is there already.’ As I reconfirm management’s commitment to the development of our staff I urge you... to awaken the leader in you!” said CEO Gosine.

Also present at this year’s Symposium was Dr. Wayne Frederick, President of Howard University in Washington DC. Dr. Frederick was presented with the outstanding leadership award for research and academic excellence by The Honourable Minister Khan.

**T**he fourth annual Embracing Leadership Symposium entitled “Behind the Mask” was held from Monday 15th to Wednesday 17th June, 2015. Mr. Mervyn Weir and Ms. Marge Lowhar, Management Consultants from the Transition Agency, UK, conducted the sessions titled: Resistance is Useless, Difficult Conversations and Behind the Masquerade. These were centred on optimizing and understanding the power of influence; recognising and effectively engaging in difficult conversations and managing diversity in the workplace.

## Prime Minister's Tour of the **COUVA CHILDREN'S HOSPITAL**



The Honourable Prime Minister, Mrs. Kamala Persad Bissessar, toured the soon to be completed Couva Children's hospital on 7th July, 2015

The principal features of the Hospital will include:

- A 150-bed Adult Hospital
- A 80- bed Children Hospital

A Burns Care and Plastic Surgery Centre where specialist services and state of the art technology can be provided to nationals

- Central Pharmacy
- Specialised Paediatric services
- Separate Children's and an Adult's Accident and Emergency
- Helicopter rooftop access for emergencies

This Hospital will be a self-contained, centralized medical facility equipped with the most modern and high-end medical equipment.

## Heartbeats of **HEALTHCARE**



Mr. Anil Gosine, CEO (R) addresses the audience at the 2nd Community Health Nurses Conference

"It is often said that 'Nurses are the heartbeat of healthcare' and this statement cannot be more reflective of the nurses at the South-West RHA," said Mr. Anil Gosine, Chief Executive Officer of the SWRHA at the 2nd Community Health Nurses Conference, held at the San Fernando Hill Conference Room on Friday 15th May, 2015. This year's conference was titled "Advancing Primary Healthcare throughout the Life Cycle" aimed to provide Community Health Nurses with current information on best practices in primary care nursing in order to improve their knowledge and skills, thereby improving health outcomes.

Guest speaker, Mrs. Wendy Nobie, Consultant and Family Therapist, encouraged nurses to foster good communication skills with their clients and adopt positive approaches to life and work. District Health Visitors and District Nurses with the highest home visiting records were recognised by their Primary Care Nurse Managers. Also present at this event were Mrs. Gwendolyn Loobie-Snaggs, President of the Trinidad and Tobago Registered Nurses Association (TTRNA) and Mr. Dan Mahabirsingh, Manager, Employee Relations.

## Signing of Agreement with **MPATT**

A Memorandum of Agreement was signed on 9th June 2015 at the Ministry of Health, Port of Spain, between the South-West Regional health Authority and the Medical Professionals Association of Trinidad and Tobago regarding revised salaries/allowances to doctors for the period September 01, 2010 to August 31, 2015.

Present at the signing was L-R: Dr. Kurt Furlonge- Trustee, MPATT; Dr. Ravindranath Narine- President, MPATT, Dr. the Honourable Fuad Khan- Minister of Health, Dr. Lackram Bodoie, Chairman, SWRHA, Mr. Anil Gosine-CEO, SWRHA



# Chinese Medical Team Exhibition



(L-R) His Excellency Huang Xingyuan, Ambassador of the Republic of China and Dr. Lackram Bodoie, Chairman, South-West Regional Health Authority observe photographs on display at Level 8, SFTH



His Excellency Huang Xingyuan, Ambassador of the Republic of China (seated 3rd from L), Dr. Lackram Bodoie, Chairman, (seated 4th from L), Mr. Ulrich Birbal, Deputy Chairman (seated R), Mr Anil Gosine, CEO (second from R) with Dr. Shevanand Gopeesingh, Director of Health (seated second from L), Dr. Anand Chattoorgoon, Medical Director (standing fifth from R) and the members of the Chinese Medical Team.

The South-West Regional Health Authority in collaboration with the Chinese Medical Team at San Fernando General Hospital presented a photo exhibition, "The Chinese Medical Team in Trinidad and Tobago" at the San Fernando Teaching Hospital, Level 8 Lobby, San Fernando on May 28th 2015.

The exhibition which was officially launched on May 8, 2015 at the National Library and Information System Authority (NALIS) showcased images of the Chinese Medical Staff carrying out medical treatment in Trinidad and Tobago.

It also displayed scenes demonstrating their communication skills and experience of the multi-cultural island. This display is expected to run at the San Fernando Teaching Hospital for two weeks.

An initial team of 10 Chinese medical specialists arrived on August 7, 2014 after Prime Minister, Honourable Kamla Persad-Bissessar, made an official visit to the People's Republic of China. On January 31st 2015, a new batch of 10 Chinese Healthcare professions joined the SWRHA Team. Under a Memorandum of Understanding, Trinidad and Tobago will have the services of the nine consultants and one nurse for a period of two years, with a new team rotating every six months.

Speakers at the San Fernando Teaching Hospital opening ceremony included His Excellency Huang Xingyuan, Ambassador of the Republic of China, Dr. Lackram Bodoie, Chairman, South-West Regional Health Authority and Dr. Jia Wang (Neurological Specialist), Head of the Chinese Medical Team.

## INGUINAL HERNIA WORKSHOP

Dr. Sunildath Jugool, Registrar (Ag.) at the Department of Surgery, partnered with Professor Vijay Naraynsingh of the Department of Surgical Clinical Sciences at the University of the West Indies, St. Augustine Campus to coordinate an Inguinal Hernia Workshop at the San Fernando General Hospital on Wednesday 25th February, 2015.

Guest surgeon, Dr. Brian Stephenson from the Department of Surgery at the Royal Gwent Hospital Newport, Wales, a pioneer in inguinal hernia repair, demonstrated local anaesthetic repair of inguinal hernias and delivered three lectures on the procedure from Monday 23rd to Wednesday 25th February, 2015 at the Port of Spain General Hospital, the Eric Williams Medical Sciences Complex and the San Fernando General Hospital (SFGH).

Inguinal hernia occurs when a small portion of the bowel bulges out through the inguinal canal- a passage or opening through the muscles of the abdominal wall- into the groin. Local anaesthetic repair of inguinal hernias involves the surgical removal of inguinal hernias using local anaesthetic.



Dr. Brian Stephenson, Surgeon at the Royal Gwent Hospital, Newport, Wales, (3rd from R) and Dr. Sunil Jugool, Surgeon (3rd from L) with other residents from San Fernando General Hospital, Port of Spain General Hospital and the Bahamas

With the aid of SWRHA's Information Communication Technology (ICT) Department, the surgery demonstrating open inguinal hernia local anaesthetic techniques performed at the Main Operating Theatre SFGH was successfully televised live to an audience in the ICT Department's Conference Room at the Bachelors Medical Quarters, comprising SWRHA's surgeons and other medical officers from various health institutions in Trinidad and Tobago.

Mr. Wazeer Ali, Senior Water Treatment Technician at the San Fernando General Hospital Water Treatment Plant (left) explains to Director Ralph Ramnath (right) the process by which water is treated for use in the dialysis treatment of patients.



Mr. Wazeer Ali (L), Mr. Keston Joseph, Disaster Coordinator and Mr. Ryan Williams, Occupational Health and Safety Officer

## Haemodialysis Unit Observes **WORLD KIDNEY DAY**

**T**he staff of the Haemodialysis Unit, San Fernando General Hospital observed World Kidney Day by hosting a health fair at the hospital's foyer on Wednesday 11th March, 2015. This year's theme "Kidney Health for all" placed emphasis on the importance of overall kidney health and the impact of kidney disease in relation to other chronic diseases such as diabetes and hypertension.

Visitors to the fair were exposed to valuable information about healthy eating and meal preparation for dialysis patients, the water treatment process for dialysis and the dialysis treatment options available to patients. The participating departments were: Haemodialysis Unit; Ward 16B Nephrology; Nutrition and Dietetics Department; Water Treatment; and Medical Social Work Department.

Attendees enjoyed snack samples from the Nutrition and Dietetics Department and over 150 persons were screened by Haemodialysis staff for weight, blood glucose and blood pressure.

## TRAINING WORKSHOPS FOR **SCREENING AND DIAGNOSING AUTISM**

**A**utism Spectrum Disorders (ASDs) are a group of complex brain development disorders that are present in the early stages of childhood. The prevalence of ASDs is growing globally. In 2014, the World Health Organisation estimated that children with ASDs make up one percent of the world's population. By April 2015, within the South-West Regional Health Authority, 20 percent of patients at the Child Guidance Clinic had been diagnosed with an ASD.

In light of this, the dedicated staff at the Human Resources, Training Unit in collaboration with the University of the West Indies, Paediatrics Department and the Rotary Club of Port of Spain West, facilitated training sessions geared toward equipping medical and healthcare professionals in assessment, testing and diagnostic procedures for children and adults with ASDs.

Medical doctors from SWRHA's Child Guidance Clinic, Community Paediatrics Clinics and other Regional Health Authorities were trained in the Screening Test for Autism in Toddlers (STAT) and Autism Diagnostic Observation Schedule (ADOS) from Friday 17th to Sunday 19th April, 2015 at the San Fernando Teaching Hospital.

STAT is an interactive measure developed to screen for autism in children between two to three years and is used by primary care providers who work with young children. ADOS is a tool that aids in



Dr. Zachery Warren during his presentation at the STAT and ADOS Workshop

the diagnosis of autism and was developed to achieve an objective assessment of children with suspected autism.

These workshops were conducted by Dr. Zachery Warren, Associate Professor of Paediatrics, Psychiatry and Special Education; Director, Autism Clinical Services at Vanderbilt Kennedy Center Treatment and Research Institute for Autism Spectrum Disorders (TRIAD) in Nashville, Tennessee.

"Delays in the early identification of Autism is one of the biggest challenges experienced by healthcare providers. We can place tools in the hands of well-trained providers who are already caring for these children, so they can better accomplish the goals they already have for these children. If these primary care providers get the right tools we can help families come to grips with these challenging issues," Dr. Warren said.

These workshops will facilitate the timely assessment of ASDs, introduce new services to care for autistic children and improve the standard of observation, evaluation and diagnosis of ASDs in the SWRHA.

## INDIAN WALK HEALTH CENTRE LAUNCHES NEW DIABETIC SERVICE

**P**roper foot care is very important for persons with diabetes since diabetics are more vulnerable to foot problems which can lead to numbness as a result of reduced blood supply to the feet. In keeping with SWRHA's goal of improving the quality of healthcare to our clients, the Indian Walk Health Centre launched its Integrated Diabetic and Foot Care Clinic on Friday 17th April, 2015. This Health Centre has one of the largest diabetic clinics in the South-West region, treating approximately 120 clients per Chronic Disease Clinic session. The staff at the facility launched this initiative to provide the diabetic patients with a holistic service that will change their lives through education, thereby enabling them to monitor, manage and prevent the development of further complications due to diabetes.

In his address at the launch, Dr. Dale Sookoo, Medical Director, Primary Health Care stated that diabetes is one of the foremost chronic diseases and without proper care it could lead to heart disease and other complications. Currently there are 135,000 persons in Trinidad and Tobago living with diabetes and the International Diabetes Federation estimates that by 2035 there



(Seated L-R) Ms. Pearline Francis, DHV, Ms. Patricia Granger, PCNM Victoria South, Mrs. Sandra Smith-Allen, DHV, with staff at the Indian Walk Health Centre

will 592 million persons globally living with this disease. Dr. Sookoo further underscored the importance of this new service which will help diabetic clients understand the disease and the need for proper foot care.

Ms. Pearline Francis, District Health Visitor welcomed this new initiative and commended ENA Rayette Mascall-Khan, Diabetic Resource Clinician, for her role in spearheading this new clinic. Clients will be able to access this new service on Mondays, Wednesdays and Fridays from 8:00 a.m. to 4:00 p.m.

## SENIOR CITIZENS RECREATION CAMP VISITS THE WILDFOWL TRUST

**T**wenty-three senior citizens from the Senior Citizens Recreation Camp of the Ste. Madeleine Health Centre toured the Pointe-a-Pierre Wildfowl Trust on Tuesday 7th April, 2015. The group was accompanied by Mrs. Erica Joseph-Christom, District Health Visitor (DHV) at the Ste. Madeleine Health Centre; Ms. Sonia Gall, DHV; Ms. Bernadette Wilkes, Registered Nurse and Licensed Midwife; Ms. Hannah Manphool, Student Nurse and Ms. Sasha Mohammed, On-the-Job Trainee from SWRHA's Quality Improvement Department.

The senior citizens picnicked, rested, participated in games and shared their life experiences with staff and other members of the Recreation Camp. DHV Christom explained that several members expressed interest and appreciation for the trip, as they rarely travelled or got the opportunity to visit tourist attractions and landmarks in Trinidad and Tobago. She added that this outing and other social activities such as these, aim to impact the mental, social and physical health of senior citizens.

This is in keeping with the World Health Organisation's (WHO) definition of active ageing. Active ageing is the process of optimizing opportunities for health, social participation and security in order to enhance the quality of life for persons as they age. WHO suggests that active ageing allows persons to realize their potential for physical, social, and mental well-being throughout their lives and



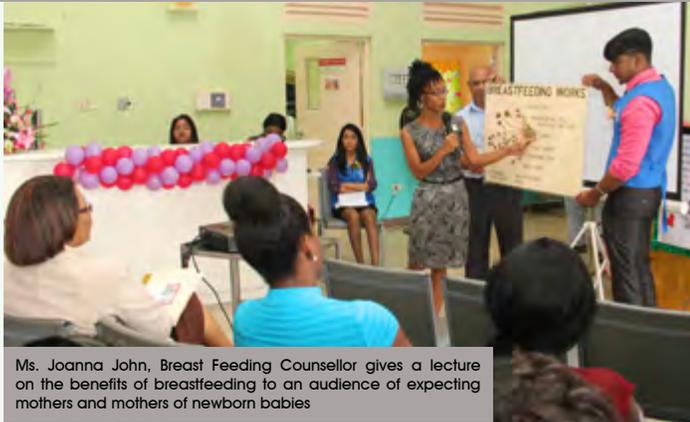
Staff from the Ste. Madeleine Health Centre with members of the Senior Citizens Recreation Camp

recognises the need to participate in society, while receiving quality healthcare.

The Ste. Madeleine Health Centre Senior Citizens Recreation Camp is an initiative that was founded by DHV Christom and the staff at the Ste. Madeleine Health Centre on Tuesday 10th June, 2014. The Camp's objective is to positively affect and improve the health of elderly persons in the Ste. Madeleine District. The idea for this group originated in January 2014, when staff noticed increased visits to the health centre by senior citizens living with chronic diseases.

On the second Friday of every month, meetings are held at the Ste. Madeleine Health Centre. Mental Health Officers, psychologists, Dietitians and other medical and nursing staff, discuss healthy eating, how to stay happy, exercise and managing chronic diseases, with the members of the Camp. DHV Christom surmised that these meetings have contributed to fewer visits to the Health Centre and have created a stronger bond among senior citizens in their community.

## BREASTFEEDING SEMINAR at Lengua Health Centre



Ms. Joanna John, Breast Feeding Counsellor gives a lecture on the benefits of breastfeeding to an audience of expecting mothers and mothers of newborn babies

According to the World Health Organization (WHO) breast milk is the first natural food for babies, it contains antibodies and nutrients essential for protection against infection and chronic diseases as well as sensory and cognitive development. The WHO recommends exclusive breastfeeding for the first six months of an infant's life starting within the first hour of birth and continuing up

to age two and beyond, accompanied by complementary nutritious foods. The staff at the Lengua Health Centre hosted a breastfeeding Seminar titled "The Call of Nature" on Monday 25th May, 2015 to provide patients of the Maternity Clinics with the critical support at the community level to help them realize the benefits and techniques of breastfeeding.

Ms. Ameeda Hasmath, District Nurse, said that the seminar was the start of their breastfeeding support at the centre as a baby friendly room has been set up for the purpose of counselling and guiding mothers through the feeding and weaning processes.

In her address Mrs. Patricia Granger, Primary Care Nurse Manager, told the audience that breastfeeding is the natural way of feeding, it satisfies the instinctive urge of a newborn baby who turns its head towards his or her mother's breast to feed on this complete food that can ensure continuity of life and a healthy population.

Ms. Joanna John, Counsellor, Breastfeeding Association of Trinidad and Tobago, gave the feature presentation, a comprehensive overview which covered the advantages of breastfeeding, the proper feeding positions used and the physiology of lactation. While Ms. Cynelle Vincent, Dietitian, Nutrition and Dietetics Department, SWRHA, delivered her presentation on the nutritive component of breast milk compared to cow's milk and the importance of a proper diet for mothers during breastfeeding.

## Ste. Madeleine's Antenatal Clinic CELEBRATES MOTHER'S DAY



On Wednesday 6th May, 2015, The Ste. Madeleine Health Centre hosted a Mother's Day Programme entitled "Raising a Self-Confident Child in Today's Society" for the clients of their Antenatal Clinic. The event involved numerous games and activities in which the expectant mothers eagerly participated. Ms. Patricia Granger, Primary Care Nurse Manager, Victoria South encouraged the audience of approximately 30 persons to cherish motherhood. In addition, Ms. Jamila K. Bannister a Psychologist attached to the Victoria District County Medical Officer of Health Office gave a short presentation on the featured theme. She outlined key distinct strategies for raising self confidence in children.

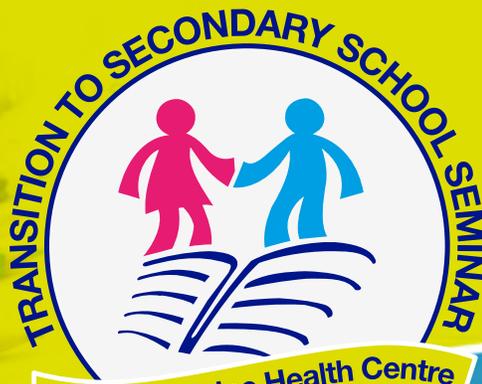
(Seated L-R) Ms. Jamila Bannister, Psychologist, Ms. Patricia Granger, PCNM Victoria South and Ms. Erica Joseph-Christom, DHV, with the staff at the Ste. Madeleine Health Centre

On Wednesday 27th May, 2015 staff at the Icacos Health Centre hosted their Men's Health Workshop. This year's event was aimed at highlighting recent advances in healthcare technology. Mrs. Kathyann Elbourne, Primary Care Nurse Manager for St. Patrick West and Mr. Shaun Biran, from the Information Technology Department aptly addressed the theme "Forging Ahead with Technology" by encouraging men to utilise technology, such as smart phone apps, to monitor their health. Mrs. Veron Mendoza-Corrie, District Health Visitor at Icacos Health Centre, Ms. Dion Small-Durant, Pharmacist at the Icacos Health Centre and representatives from the Pan American Life Insurance Company, also addressed the audience of approximately 65 men. This annual event is aimed at educating men on various health issues and encouraging them to attend the Men's Health Clinic on the last Wednesday of each month.

## MEN'S HEALTH WORKSHOP at Icacos Health Centre



(Seated L-R) Mr. Shaun Biran, Information Technology Technician, Ms. Veron Mendoza-Corrie, DHV, Ms. Indra Seepersad, Midwife at Pt. Fortin District Health Facility, Mrs. Kathyann Elbourne, PCNM St. Patrick West and Ms. Ann Ayres, DHV, with staff from the Icacos Health Centre



**Ste. Madeleine Health Centre  
Annual Seminar**

Mrs. Erica Joseph-Christom, District Health Visitor with students from five schools-St. Clements Vedic Primary School, Palmyra Hindu School, Cocoyea Government School, Ste. Madeleine Government Primary School and Vistabella Presbyterian School that attended this year's Transition to Secondary School Seminar.



**Making Choices**



**Sharing Ideas**



**Fitness & Exercise**



# Transition to Secondary School 2015

The Ste. Madeleine Health Centre hosted yet another Transition to Secondary School Seminar at the Ste. Madeleine Regional Complex on Tuesday 12th May, 2015. The seminar aims to positively affect 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 the ways they can cope with these changes. Previously extended to primary schools in the Ste. Madeleine District, the programme's scope has widened to include primary schools in county Victoria.

# ACHIEVEMENTS AT PATHOLOGY LAB

**T**he Pathology Laboratory mission states, “Our laboratory will provide accurate, reliable and timely laboratory services through continuous improvement, to aid in patient management and promote wellness in a safe cost-effective and customer-focused environment.”

In keeping with this mission, the dedicated staff at the lab have been instrumental in developing new systems and implementing services that will enhance the quality of laboratory services and the delivery of healthcare within the South-West Regional Health Authority.



(From L to R) Dr. Dawn Meyers; House Officer, Dr. Ryan Rattan; SMO, Mr. Kanhai Pancham; Senior Technician, HistoPathology Department, Mr. Rudranath Benasrie; Laboratory Manager (Ag.) stands beside the new Grossing Station

## New Grossing Station

On Wednesday 11th March, 2015 a GL 105 Grossing Station was installed at the Histopathology Department, to create a safer work environment for lab employees. A grossing station is used to accurately identify tissues and specimens. This grossing station includes a local exhaust ventilation system, hot and cold water system, formalin dispenser and an internal commercial waste disposal system for proper treatment of effluents.



New Analyzer at the Haematology Department

## Installation of Analyzers

The Haematology Department received two Siemens Advia 2120i Complete Blood Count Analyzers in April 2015. These analyzers will be used to count the cells in patients' blood and

# The Pathology Lab Observes Medical Laboratory Professionals Week 2015

**M**edical Laboratory Professionals Week is celebrated annually to recognize medical laboratory professionals and pathologists who play a vital role in every aspect of healthcare. Because they work behind the scenes, few people are aware of the critical tests they do on a daily basis. This year, Medical Laboratory Professionals Week was celebrated by the SWRHA's Pathology Lab from Sunday 19th April to Saturday 25th April, 2015.

process approximately 240 samples per hour. Laboratory staff have been trained to use both analyzers, which will be fully functional by June 2015.

## Expansion of Phlebotomy Services

Since January 2015, there has been an increase in the number of phlebotomists on Medical Wards. The new batch of phlebotomists report to the lab, thus improving communication, the efficient delivery of samples from medical wards to the lab and enhancing patient care.



(L to R) Mr. Rudranath Benasrie, Laboratory Manager (Ag.), Mr. Ronald Ramadhar, Courier, stands beside the new laboratory vehicle

## New Laboratory Vehicle

On Wednesday 1st April, 2015 Mr. Krishendath Manickchand, Fleet Administrator, delivered the keys to a new laboratory vehicle to Mr. Rudranath Benasrie, Laboratory Manager, at the Bachelor Medical Quarters. This car will be used to transport confidential patient reports and collect and deliver critical blood components from the lab to other Regional Health Authorities. The drivers assigned to use the vehicle have been trained to handle specimens and deliver reports to the laboratory.



Ms. Anjanie Sinanan, Medical Laboratory Technician (4th from L) and staff from the Microbiology section with their winning display, 'Dr. B Cereus'



Mr. Rudranath Benasrie, Lab Manager from the Department of Pathology, (seated C) with Heads of Department for the sections of the lab and other staff. (Heads of Departments sitting L-R) Ms. Rhonda Maharaj, Biochemistry; Ms. Lorraine Coultier, Immunohaematology; Ms. Lystra La Rosa-Pierre, Immunology; Ms. Chanrouit Deonarine, Haematology; Ms. Anjanie Sinanan, Microbiology

On Tuesday 21st April, 2015 Dr. Ryan Rattan FRCPATH, Specialist Medical Officer, Department of Pathology hosted a lecture session on the Basics of Immunohistochemistry at the Conference Room at the Bachelor Medical Quarters (BMQ). The audience comprised laboratory assistants, lab technicians, the head of department from each section of the lab and lab managers.

Five departments from the Lab- Haematology, Immunohaematology, Microbiology, Biochemistry and Immunology- held an Open Day at the San Fernando Teaching Hospital's foyer on Wednesday 22nd April, 2015. Clients and members of the public were presented with brochures, a Power Point presentation detailing the work done by these departments and they were able to interact with Medical Laboratory Technicians and Medical Laboratory Assistants who were willing to answer questions concerning the testing processes performed in the lab and offer descriptions of their jobs.

The Pathology Lab's six-member team participated in and won the national Medical Laboratory Professionals Week Jeopardy Competition 2015 on Thursday 23rd April, 2015. The Microbiology Department was declared the winner of the Pathology Lab's Display Competition which was held on Friday 24th April, 2015. Their display, labelled 'Dr. B. Sereus', was named after the microorganism *Bacillus Cereus* that causes food poisoning as a result of improperly prepared and stored food. Dr. B. Sereus' body composed of pipettes tips, test tubes and petri-dishes of various sizes stained with glue and colouring to portray microorganisms that are often found in the lab during testing.

The week of activities culminated with a closing ceremony at the Conference Room in the Bachelor Medical Quarters on Friday 24th April, 2015. In his opening address, Mr. Rudranath Benasrie, Laboratory Manager, addressing a crowd of approximately 35 Medical Lab Technicians and Medical Lab Assistants, said

that he was encouraged by the innovation, passion, teamwork and camaraderie shown among the laboratory staff. He further stated that this reflected "an active interest and the potential" of the staff at the Pathology Lab and encouraged them to maintain the enthusiasm displayed during the week.

## SWRHA'S PATHOLOGY LAB WINS JEOPARDY COMPETITION



The Pathology Laboratory Department of the South-West Regional Health Authority won the national Medical Lab Professionals Week Jeopardy Competition 2015, which was held at the Eric Williams Medical Sciences Complex (EWMSC) Amphitheatre C, on Tuesday 21st and Thursday 23rd April, 2015. The SWRHA's team outperformed groups from the North West Regional Health Authority (NWRHA), North Central Regional Health Authority (NCRHA), EWMSC and Augustus Long Hospital, Pointe-a-Pierre, to hold this year's trophy. The winning team consisted of Medical Laboratory Technicians: Samantha Alexis, Alexis Vincent, Dianne McGillvery, Desrae Piper, Rhonda Maharaj and Clayton Smith.

# EMBRACING MENTAL HEALTH AT MORUGA HEALTH CENTRE

"I am not my illness." Those were the words of Ms. Caroline Ravello as she addressed an audience of approximately 50 persons at the Moruga Health Centre on Wednesday 25th March, 2015. Ms. Ravello, who is a journalist and political consultant, shared her experiences living with schizophrenia, clinical depression and bipolar disorder. She also stressed on the importance of taking the prescribed medications and undergoing therapy for individuals suffering from mental illness.

The day's programme entitled, "Embracing Mental Health", featured Mental Health Officers, Ms. Amola Baptiste and Ms. Nadia Singh from the Princes Town District Health Facility and Ms. Titania Toolsie from the Siparia District Health Facility. They addressed the audience on the common mental health disorders such as schizophrenia, bipolar disorder and post partum depression, the causes of these diseases and possible treatments. Members of the audience had the opportunity to ask questions pertaining to mental health issues based on the information presented.



(Seated L-R) Ms. Amola Baptiste, MHO; Ms. Titania Toolsie, MHO; Ms. Patricia Grangier, PCNM Victoria South; Ms. Caroline Ravello, Journalist and Ms. Nadia Singh, MHO with the staff of the Moruga Health Centre

Ms. Patricia Granger, Primary Care Nurse Manager, Victoria South, asked the audience to change their perception of people living with mental illness. She said in light of the stigmas associated with mental disorders, the South-West Regional Health Authority has now integrated mental health into the Primary Healthcare System.

Ms. Bearnice Williams, District Health Visitor at the Moruga Health Centre, addressed the lack of mental health knowledge and negative attitude towards mentally ill persons in Moruga, but said that this problem is being tackled with the help of families, communities and the mental health professionals working together through educational programmes.

At the end of the presentations, Ms. Ravello showcased some of her beautiful artwork, all related to mental health, which she said was a form of self-healing therapy for her.

# MANAGEMENT OF AGGRESSION TRAINING

**T**raining presentations on the Prevention and Management of Aggression and Violence were held on Friday 23rd January, 2015 at the Nurses Lounge. These two-day presentations organised by the Psychiatry Services aimed to increase staff knowledge and confidence in conflict resolution, improve responses to aggressive behaviour and increase staff self-protection skills.

Approximately 30 persons attended the first day of presentations which were done by Dr. Enal Maharaj, House Officer, Mrs. Joanna Maharaj, Psychiatric Social Worker II, and Mrs. Merene Singh, Mental Health Officer II. These officers completed training in Management of Aggression conducted by Dalhousie University of Nova Scotia, Canada, under the sponsorship of the Mental Health Unit in the Ministry of Health.



Dr. Enal Maharaj, House Officer at the Psychiatry Department (standing) addresses the audience during his presentation at the Nurses Lounge, SFGH

Doctors, Psychiatric Social Workers and Mental Health Officers comprised the first group of persons to receive training. The presentations examined the factors influencing crisis, defined conflict and its relation to anger, addressed survival intuitions and highlighted the importance of taking a collaborative approach towards conflict resolution.

Also present at these sessions were: Mr. Pooran Sankar, Regional Manager Mental Health and Psychiatry Services and Dr. Karen Ghany, Head of Psychiatry.

## ONCOLOGY CLINIC'S HEALTH FAIR



(Standing L-R) Ms. Anuradha Soondar, Medical Trainee; Ms. Geneve Aberdeen, Medical Trainee; Ms. Regan Smart, Medical Trainee; Ms. Dyaan Mohommed, Registered Nurse; Ms. Mechelle Dickson, Registered Nurse; Dr. Giselle Wheeler; and Ms. La Toya Drayton, Assistant Trainee Nurse

According to the WHO, early detection of cancer greatly increases the chances for successful treatment. The WHO also lists two major components of early detection of cancer: education to promote early diagnosis and screening. Recognizing early warning signs of cancer and taking immediate action leads to early diagnosis. Creating awareness among healthcare providers and the public can have great impact on the disease. SWRHA's Oncology Department in collaboration with our Partner in Health, the South Oncology Support Group, embarked on a health fair at the San Fernando General Hospital's Foyer on Friday 27th February, 2015. The event which was spearheaded by Dr. Giselle Wheeler was aimed at promoting awareness of prostate cancer and breast cancer through the dissemination of information. Clients who visited the booth were able to direct any related concerns to the Oncology staff, which included: Dr. Giselle Wheeler; and Registered Nurses, Ms. Mechelle Dickson and Ms. Dyaan Mohommed. Also assisting in this activity were: Medical Trainees, Ms. Geneve Aberdeen, Ms. Anuradha Soondar and Ms. Regan Smart; and Assistant Trainee Nurse, Ms. La Toya Drayton. Visitors had the opportunity to participate in a cancer-related Word Search which they had three minutes to complete. A draw was made of all the completed forms and the winner received a hamper of cancer branded items sponsored by the South Oncology Support Group. Representatives from Bryden Pi Limited were also on hand to give out samples of Boost Nutritional Drinks.

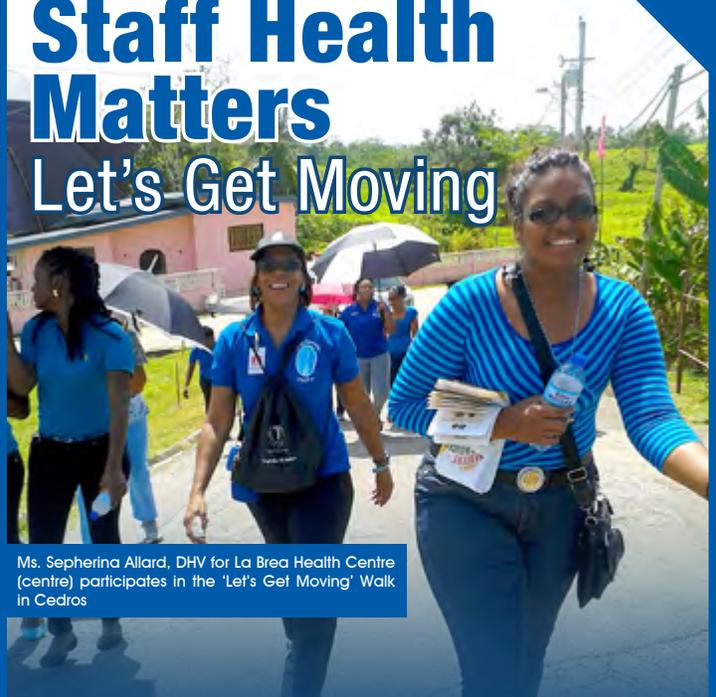
## CANCER AWARENESS AT ERIN HEALTH CENTRE

The staff of the Erin and Palo Seco Health Centres hosted a Cancer Awareness Programme on Friday 6th February, 2015 at the Erin Health Centre in observance of World Cancer Day, which is recognized annually on 4th February. Dr. Ramon Alexander Morales in his lecture to the 50-person audience, addressed the different types of cancers affecting men and women, the factors that influence the risk of cancer, screening methods, and ways to detect and prevent cancer. Ms. Kaajaal Samaroo from SWRHA's Nutrition & Dietetics Department presented information on some types of foods that can increase the risk of cancer and she also highlighted foods that can reduce the risk of cancer.



Dr. Ramon Morales addresses clients at Erin Health Centre

## Staff Health Matters Let's Get Moving



Ms. Spherina Allard, DHV for La Brea Health Centre (centre) participates in the 'Let's Get Moving' Walk in Cedros

Twenty-six members of staff from health centres in the St. Patrick West Cluster participated in a walk on Tuesday 7th April, 2015, in the Cedros community to commemorate World Health Day. They were accompanied by cub scouts, officers from the Customs and Excise Division, Police Service and Coast Guards. During the walk, members of staff distributed health brochures and offered health tips to residents. On their return to the health centre, the staff participated in an aerobic session.



## CLU HOSTS DIABETES EASTER CAMP



Staff of the CLU engaged in an Art and Craft session with the South-West Life Changers Youth Group (Diabetic adolescent outpatients of the SFGH)

The Community Liaison Unit (CLU) held its annual Diabetes Easter Camp from Tuesday 31st March to Thursday 2nd April, 2015 at the Nurses' Lounge, San Fernando General Hospital (SFGH). This camp served as a forum for sharing knowledge and experiences with the South-West Life Changer Youth Group, which

consists of diabetic adolescent outpatients of the SFGH. The aim of this exercise was to help these young people adapt to the daily demands of this chronic disease, so they can lead active lives with medical and emotional support that will enable them to cope and strive despite any challenges they may encounter.

On the opening day, Nurse Madhurie Boodoo, General Manager, Nursing (Ag.) told campers to enjoy themselves and use what they learn to take care of themselves and lead healthy lives because diabetes can be managed through proper diet and exercise.

There were lectures and interactive sessions by trained professionals. Nurse Susan Joseph, Diabetic Educator gave an overview on diabetes and the importance of eating balanced meals. Nurse Jean Baboolal, Diabetic Educator presented on Complications and Management of diabetes. Nurse Raffick Mohammed, Diabetic Educator provided information on Foot care for Diabetics. Ms. Patsy Laltoo, Mental Health Officer gave a lecture on Coping with Diabetes. Dr. Gregory John, Registrar (Ag.) spoke about Managing and Monitoring Diabetes. Ms. Cynelle Vincent, Dietitian; and Ms. Donel Mitchell, Dietetic Intern spoke about Healthy Meal Planning; and Nurse Devi Boodoo, Dental Nurse, gave a presentation on Oral Hygiene. Interactive sessions included an Aerobic Burnout with the 5'O Clock Crew; and crafts and games.

## FREEPORT HEALTH CENTRE'S HEALTHY HATS EASTER BONNET AND BASKET PARADE

Students, Farah John and Kaya Williams, from the Waterloo Presbyterian School and the Servol Early Childhood Centre respectively, were deemed the winners of the Healthy Hats Easter Bonnet and Basket Parade 2015, which was organized by the Freeport Health Centre. This initiative which was spearheaded by Mrs. Joy Jeffers Bethel, District Health Visitor (DHV), took place on Wednesday 25th April, 2015 at the Waterloo Community Centre. The objective was to encourage healthy eating practices among primary school children by using an "Easter" theme to demonstrate healthy foods.

Five schools participated in this year's parade: Waterloo Presbyterian School, Freeport Hindu School, Waterloo Hindu School, Carapichaima Anglican School and Servol Early Childhood Centre, Freeport. A total of 27 children modelled their bonnets and baskets decorated with fruits and vegetables and gave short presentations on the health benefits of a particular fruit before an audience of approximately 90 persons.

All participants received certificates and tokens. This event showcased the commitment and innovation of SWRHA's staff to educate children on healthy eating habits and the benefits they can gain from making healthy choices.

Judging the parade were: Ms. Shirma Hinds, DHV for the Caroni South Cluster; Ms. Geraldine Lewis, DHV and Mr. Richard Alexander, Graphic Artist, SWRHA's Corporate Communications Department.



Front row (L-R) Winners, Kaya Williams, Leena Rattan, Chelsea King, Sahara Samaroo and Farah John with the staff of the Freeport Health Centre

The following are the results for the different categories:

### Category 1 (Ages 3-4):

1st place: Kaya Williams - Servol Early Childhood Centre, Freeport

2nd place: Sahara Samaroo - Servol Early Childhood Centre, Freeport

3rd place: Alisha Mahase, Noah Christian and Christian Lewis - Servol Early Childhood Centre, Freeport

### Category 2 (Ages 5-10):

1st Place: Farah John- Waterloo Presbyterian School

2nd Place: Leena Rattan- Waterloo Presbyterian School

3rd Place: Chelsea King- Carapichaima Anglican School

## PRINCES TOWN DHF EASTER EGG HUNT

**E**aster egg hunts have become a tradition for some during the Easter Season. Staff and clients at the Princes Town District Health Facility celebrated Easter with their 3rd annual Easter Egg Hunt on Thursday 2nd April, 2015. This event was geared toward improving camaraderie, teamwork and strengthening family ties.

Some staff members whose children were between the ages of five and eleven were registered to participate in the egg hunt. With assistance from their parents, the children explored the facility's compound for hidden eggs with clues that eventually led to a golden egg filled with chocolates. The first child and parent team to collect all clues in the correct order won the golden egg. Other fun activities for staff, children and clients included bunny-hop and egg-and-spoon races. At the end of the Easter Egg Hunt, Easter baskets with chocolates and snack bags were distributed to all children at the facility.



Children at the PTDHF who participated in the Easter Egg Hunt



## RAPIDFIRE KIDZ FOUNDATION'S EASTER TREAT AT SFTH



Dr. Lianna Goetz presents a gift to baby Jason Jacob on the Paediatric Ward

**T**he Rapidfire Kidz Foundation in collaboration with the San Fernando City Corporation hosted its annual Easter treat for the children on the Paediatric Wards of the San Fernando Teaching Hospital on Wednesday 1st April, 2015. Acting as envoys for the Easter Bunny, the President of the Foundation, Mr. Kevin Ratiram and his Team distributed toys, books, and stickers to the young patients. Although they were shocked by their unexpected visitors, parents and children were more than happy to interact and play with the Rapidfire group.

The Rapidfire Kidz Foundation was established in 2012 with the mission of helping the children of our nation. The foundation raises funds throughout the year which are then used to organise a series of entertaining events and projects aimed at bringing smiles to the faces of our nation's children. Similar to last year, during the joyous season of Easter, the Rapidfire Kidz Foundation chose to bring smiles to the children on the Paediatric Ward of the San Fernando Teaching Hospital in the form of an Easter treat.

While visiting the wards, the group was joined by His Worship, Alderman Kazim Hosein, Mayor of San Fernando, and representatives of South-West Regional Health Authority including Mr. Ulrich Birbal, Deputy Chairman; Director Ralph Ramnath; Ms. Anita Lakhan, Manager,

Hospital Administration and Ms. Sandra Ramkissoon-Bholai, Assistant Nurse Manager (Ag.), SFTH. Also in attendance were Councillors, Ms. Sherry Ali and Mr. Robert Parris, as well as members of the media.

Each member of the Rapidfire Kidz Foundation and their invited guests took turns distributing treats to the children. Mr. Ratiram also graciously extended invitations to the Head Nurse, Ms. Zahara Hosein and Dr. Lianna Goetz, Medical Doctor on Paediatric Ward, who both willingly accepted the invitation and eagerly presented gifts to the children. The group was well received by the children's parents and guardians who were overcome with gratitude and by the surprising gesture. As a result, one parent articulated to the Mayor how impressed and grateful she was for the care her son received while on the ward and her desire to send a message to the Prime Minister thanking her for the facility.

After each child was visited and every last toy delivered, Mr. Ratiram expressed his thanks and appreciation to the Mayor of San Fernando, the San Fernando City Corporation and the South-West Regional Health Authority for their assistance in making this event possible.



(Standing L-R) His Worship, Alderman Kazim Hosein, Mayor of San Fernando, Director Ralph Ramnath and Mr. Kevin Ratiram, President of the Rapidfire Kidz Foundation, present toys to Amrit Sookhan while he recovers on Level 9, SFTH

## FREEPORT HEALTH CENTRE HIV CALYPSO COMPETITION

**W**aterloo High School was the winner of the Freeport Health Centre Secondary Schools HIV/AIDS Calypso Competition 2015. Their winning rendition “HIV”, sung by Ms. Celeste Spencer, Ms. Deandra Paul, Ms. Shaquilla Sylvester and Ms. Tricia Samaroo, encouraged persons to adopt a more serious outlook on HIV and AIDS. They were accompanied on pan by their Music Teacher, Mr. Ancil John. Last year’s winners, Carapichaima East Secondary School placed second.

The audience was treated to a poem entitled “HIV” by Tshai London and drumming rendition by Jahson Legere, both from Carapichaima West Secondary School. Students from the Waterloo High School also entertained the crowd with high energy tassa music and an African drum performance.

This pre-carnival initiative was coordinated by the Ms. Joy Jeffers Bethel District Health Visitor and the staff at the Freeport Health Centre. The Competition is held annually at the Health Centre to promote a creative avenue through which young people can be educated on HIV and AIDS. Also present at this event were Mrs. Sylvia Douglas, PCNM Caroni South, Ms. Geraldine Lewis, DHV at the Freeport Health Centre and Ms. Shirma Hinds, DHV.



(Standing L-R) Tricia Samaroo, Deandra Paul, Celeste Spencer and Shaquilla Sylvester from the Waterloo High School accompanied by their Music Teacher, Mr. Ancil John, on steelpan



Staff from the Freeport Health Centre with students from Waterloo High School, Carapichaima East Secondary School and Carapichaima West Secondary School

## NUTRITION AWARENESS AT GRAN COUVA HEALTH CENTRE



Mr. Wayne Nurse, Fitness Instructor demonstrates some simple cardiovascular exercises to the audience at the Gran Couva Health Centre

**I**n celebration of Nutrition Awareness Week the Gran Couva Health Centre and the Wellness Group hosted a nutrition lecture and exercise demonstration on Friday 12th June, 2015 for the patients and community of Gran Couva. The focal point of the function was encouraging persons to live healthier lives by exercising and eating super foods that contain vitamins, minerals, antioxidants and polyphenols that help fight obesity, chronic diseases and cancer. These foods include: green tea; seeds (pumpkin, chia, flax, sesame and oats); nuts; peas and beans; yogurt; coconut; unprocessed cocoa; herbs and spices; and roots (turmeric and ginger).

## FOCUS ON THE FAMILY



Staff at the Point Fortin Health Centre address clients during their Focus on the Family session

**T**his event focused on real life issues affecting family life and offered relevant, practical support for all members of the family. Challenging health related issues such as alcoholism, drugs, depression, bullying and teenage sexuality we addressed. Special focus was paid on providing parenting and lifestyle programs in partnership with schools, businesses, and churches to promote policies and programs that advance family stability and health. Preventative education to help parents and teens recognize and stop crises before they happen was explored. This motivates a unique type of supporter, one who understands that giving to prevention is often more effective than giving to a cure. It is our hope that in providing holistic care, it will have a positive impact on our nation.

## CARONI SOUTH CLUSTER HIV QUIZ COMPETITION



(Standing L to R) Ms. Geraldine Lewis; Ms. Shirma Hinds, DHV; Dr. Dale Sookoo, Medical Director, Primary Health Care; Ms. Rena Yearwood, Facility Manager of Couva District Health Facility; Ms. Sylvia Douglas, PCNM for Caroni South. Sitting are the 1st place winners of the Caroni South Cluster HIV School Quiz, Miracle Ministries Pentecostal High School

In 2013, about 2.1 million adolescents between the ages of 10 and 19 were living with HIV worldwide. To prevent the spread of new infections, adolescents and young people need accurate and relevant information about HIV, along with a safe environment in which they can talk openly about risk behaviour (source: <http://data.unicef.org/hiv-aids/adolescents-young-people>). The Caroni South Cluster provided one such environment during their inaugural HIV Quiz which took place on Wednesday 4th February, 2015 at the Couva District Health Facility. The focal point of this pre-carnival HIV awareness activity was to educate teens about the dangers of HIV and the preventative steps which can be taken to protect against contracting this and other sexually transmitted diseases during this season and beyond.

Dr. Dale Sookoo, Medical Director, Primary Health Care said that in 2013, the World Health Organization estimated that there were 14, 000 persons in Trinidad and Tobago living with HIV of the estimated 35.3 million persons globally. These statistics highlighted the need for persons to gain easy access to information on how to prevent the transmission, manage their health, gain HIV treatment and where they can go for counselling, support and care. Dr. Sookoo further encouraged the students to become the vehicles for change by sharing the knowledge gained with peers, family members and the community.

Students from the Miracle Ministries Pentecostal Secondary School placed first in the competition, while Preysal High School and Waterloo West High School placed second and third respectively. Participants in the quiz were Form 1 students from: Miracle Ministries Pentecostal Secondary School; Preysal High School; Carapichaima West Secondary School; Tabaquite Secondary School; Waterloo West High School; and Couva West Secondary School.

## WORLD HEALTH DAY OBSERVANCE AT CDHF



Staff and Clients of the Couva District Health Facility Primary Healthcare Department who participated in the World Health Day Walk

The Couva District Health Facility (CDHF) Primary Healthcare Department observed World Health Day on Friday 27th March, 2015 with a Health Walk and Fair. The World Health Organization's theme for 2015 "From farm to plate, make food safe", focussed on raising awareness about the risks of food borne illnesses and the need for a worldwide coordinated effort towards food safety across the entire food chain supply.



Staff from the Couva District Health Facility test this client's blood sugar level

The day's activities started at 6:30 a.m. with staff and clients participating in the walk from the CDHF car park to the Inshan Ali Promenade, corner of Railway and Couva Main Roads and back to the facility for the cool down and health fair. Ms. Jochelle Mohammed, Dietitian from SWRHA Nutrition and Dietetics Department, delivered the feature lecture on food safety practices with raw foods, meal preparation and food storage. Ms. Mohammed said that by using the WHO's 5 keys to safer food, the dangers of consuming contaminated food will be reduced. These keys include:

- Keep clean
- Separate raw and cooked food
- Cook food thoroughly
- Keep food at safe temperatures
- Use safe water and raw materials



# SWRHA CARNIVAL COOLER LIME 2015

## Song Segment

1st - Lady Ash – “The Checker”  
(Asha Alexis -Community Liaison Unit) - 229 pts

2nd - Lady Joe – “Blame Game”  
(Angelia Joseph-Ali - Area Hospital Point Fortin Extended Care Centre) - 218 pts

3rd – Dimples – “Commission This”  
(Janelle Crichlow - Area Hospital Point Fortin) - 214 pts

4th - Miss B – “Look At What Yuh Eating”  
(Belinda Ballah-Straker - SFGH Sewing Services) - 209 pts

5th - Hill Star Merv – “Aerobics Party”  
(Mervyn Vance - Finance Department) - 206 pts

6th - Sweet Merle – “Billnah”  
(Francisca Lewis Francois - Domestic Supervisor Office) - 192 pts

7th - Mighty Nads – “Implementation in the System”  
(Nadia John - Area Hospital Point Fortin Extended Care Centre) - 178 pts

## Best Health Related SWRHA Song

Miss B - “Look At What Yuh Eating”  
(Belinda Ballah-Straker - SFGH Sewing Services)

## Peoples' Choice

Hill Star Merv - “Aerobics Party”  
(Mervyn Vance - Finance Department)

## Ole Mas Band of the Year

1st - Supply Chain United - "Only in SWRHA"  
(Finance and Supply Chain Department) - 126 pts

2nd - ITechs, - "Yuh Eh Know Who Is Me Owah"  
(ICT Department)- 124 pts

3rd - SFGH United - "Dealing With The Issues"  
(San Fernando General Hospital)- 107 pts

## Ole Mas Individual of the Year

1st - Maureen Taylor-Gordon - "Sweet T&T"  
(Area Hospital Point Fortin) - 125 pts

2nd - Glenda Howard-Dookeran - "Ebola"  
(San Fernando General Hospital United) - 124 pts

3rd - Ramlal Ankatasso - "Only in SWRHA"  
(Supply Chain United) - 102 pts

4th -Natasha Mungroo and Dennison Vincent - "The Shuffler"  
(ITechs) - 93 pts

*Congratulations!*

# CAPTURE MOMENTS AT SWRHA



# Medical Social Work Department

San Fernando General Hospital

Medical Social Work Services, South West Regional Health Authority joined the global community in commemorating World Social Work Day 2015 - "Promoting the Dignity and Worth of Peoples" on 17th March, 2015

The Medical Social Work Department celebrated by hosting a staff email quiz and poster awareness competition. Medical Social Workers play an important role in integrated healthcare. As early as 1915, Medical Social Work was defined as a specific form of social case work focused on the relationship between disease, medical treatment and psychosocial maladjustment.

Medical Social Workers:

- Function in a wide range of health settings with a wide range of client populations.
- Acknowledge a range of psychosocial contributions to the etiology, course and outcome of illness.
- Value the therapeutic relationship with clients.
- Collaborate with the multidisciplinary health team and significant others
- Advocate on behalf of patients/clients.
- Seek social justice.
- Focus on client empowerment.
- Respect client's right self-determination.

For further information on the services of the Medical Social Worker, contact 653-4259 ext. 3232/3233 or [medsocialwork@swrha.co.tt](mailto:medsocialwork@swrha.co.tt)

## SWRHA partners with the Judiciary



The Drug Treatment Court (DTC) of Trinidad and Tobago was established in San Fernando (September, 2012) and Tunapuna (July, 2014), under The Honourable Chief Justice, Mr. Justice Ivor Archie, in response to concerns about the number of persons before the Courts on drug related charges. This Court provides an opportunity to address in a more effective manner the disease of substance abuse among non violent offenders while reducing the recurrence of persons relapsing into a life of crime (Judiciary of the Republic of Trinidad and Tobago).

The Substance Abuse Prevention and Treatment Centre (SAPTC) of the Psychiatric Department will be partnering with the Judiciary of Trinidad and Tobago to offer the professional mental health and wellness support required to rehabilitate the Court selected candidates. The SAPTC services will include:

- Treating all offenders sent to the SAPTC
- Conducting the drug tests and certifying the report for the court
- Offering individual and group counselling

Persons who accept responsibility for their addiction and agree to enter the court supervised treatment will also learn techniques of self examination which promote continued abstinence from drugs and alcohol for their seamless reintegration into society.

## Sweet Potato Pone



1 ½ lb Sweet Potato grated  
1 lb Pumpkin grated  
1 Coconut grated  
2 Carrots grated  
½ Cup Brown Sugar  
¼ tsp Salt

6 tbsp. Butter softened  
½ tsp Black Pepper  
½ tsp Nutmeg grated  
1 tsp Ground Cinnamon  
½ tsp Vanilla Essence

### METHOD

1. Combine all ingredients in a large bowl to get a soft consistency
2. Pour into a greased baking pan 12" x 8"
3. Bake in a pre-heated oven at 350°, for 40-45 minutes, until crisp and brown
4. Cool, before serving

