



"Your Partners in Health"

The Southern

NEWSLETTER

Pride

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- Relocation of Physiotherapy Department
- Cancer Week



MOVING FORWARD TOGETHER

BOARD OF DIRECTORS



- ❶ Mrs. Valerie Alleyne-Rawlins, Chairman;
- ❷ Ms. Jayselle Mc Farlane, Deputy Chairman;
- ❸ Ms. Jennifer Marryshow;
- ❹ Mr. Steven Samlalsingh; ❺ Mr. Stewart Smith;
- ❻ Mr. Rennie Gosine; ❼ Mr Derek Smith;
- ❽ Dr. Malachy Ojuro; ❾ Mr. Anil Bhagowtee

As the South-West Regional Health Authority moves into 2020, we present the Board of Directors for the 2018-2021 term, committed to the mandate of providing strategic direction and leadership for improving the SWRHA's delivery of healthcare.

The SWRHA welcomed Dr. Brian Armour as Chief Executive Officer on October 14th, 2019. Dr. Armour continues to work together with SWRHA's management and multidisciplinary teams to enhance the quality of healthcare in the South-West Region and by extension, Trinidad and Tobago.

CEO - DR. BRIAN ARMOUR

Minister of Health visits Point Fortin

The Honourable Terrence Deyalsingh, Minister of Health, along with Chairman Valerie Alleyne-Rawlins, CEO Dr. Brian Armour, executives of the South-West Regional



Minister of Health, The Honourable Terrence Deyalsingh and Minister of Housing and Urban Development, Major General Edmund Dillon greets and presents tokens of appreciation to doctors and nurses at the Area Hospital Point Fortin



(L-R)SWRHA CEO - Dr. Brian Armour, SWRHA Chairman - Valerie Alleyne-Rawlins, Minister of Health, the Honourable Terrence Deyalsingh, The Mayor of the Borough of Point Fortin, His Worship Kennedy Richards Jr., VAMED Engineering Managing Director - Thomas Zangel, UDECOTT Chairman-Noel Garcia and UDECOTT CEO - Tamica Charles-Phillips.

Health Authority (SWRHA) and the Urban Development Company of Trinidad and Tobago (UDECOTT) toured the construction site of the new Point Fortin Hospital on January 22, 2020. The Minister was provided with a comprehensive update on the state of readiness of the new hospital, which is expected to be commissioned in a few months. Minister Deyalsingh also interacted with, distributed tokens of appreciation and thanked staff, primarily nurses, for their care, compassion and competence.



SWRHA's Chairman - Valerie Alleyne-Rawlins, Director of Health - Dr. Albert Persaud and SWRHA's CEO - Dr. Brian Armour looks on as Senior Physiotherapist II -Alea Doman-Ali discusses the equipment at the newly relocated Physiotherapy Clinic.

The Physiotherapy Department has a new location. Officially opened in December 2019, the Physiotherapy Clinic is located at the Foyer Area, San Fernando General Hospital. The facilities at the fully air-conditioned Clinic, include:

- Expanded space
- Private cubicles to ensure patient privacy
- Designated Paediatric Area
- Office space for Head of Department
- Dedicated Lunchroom for staff
- Separate staff rooms for each staff category
- Additional washrooms for patients and staff
- Separate entrance and exit for the free flow of traffic
- Larger Clerical area
- Waiting room accessibility for persons with wheelchairs

Improved Patient Experience at Physiotherapy Department

The upgrades to the new facility is a major step towards improving patient experience and access to quality rehabilitative care. With a number of technological advances and new equipment, the SWRHA looks forward to continue providing excellent care to patients accessing services at this clinic.

CHRISTMAS MEMORIES

Tabaquite Health Centre

180 children were encouraged to eat healthy and make positive life choices, at the 3rd annual Children's Christmas Treat hosted by the Tabaquite Health Centre. The event featured presentations on dental care and eating a balanced diet during the season, and the children were entertained by members of staff and community enthusiasts.

Christmas Day Babies

On Christmas morning, mothers of newborns were visited and treated with hampers which were distributed by General Manager, Nursing Mrs Kathyann Elbourne. Ten babies were delivered on Christmas Day in the SWRHA.

Christmas Cheer at Paediatric OPC

Santa distributed gifts to 50 patients at the Paediatric Outpatient Clinic Christmas Treat. Approximately 100 persons, inclusive of clients, parents and staff were entertained with face painting designs from Dr. Farah Cheng and performances by Lyons Club, Ste. Gabriel Girls' Primary School Choir and Kess the Illusionist. The event was coordinated by staff from the four Paediatric Outpatient Clinics, members of the Lyons Club San Fernando and Ramps Logistics.

Ste Madeleine Health Centre hosts Senior' Christmas Dinner

In keeping with the foundational intentions of the Senior Citizen's Recreation Camp, the Ste Madeleine Health Centre hosted their annual Christmas Dinner for Senior Citizens. The annual Christmas extravaganza shows appreciation to our legacy citizens who have contributed to our beloved nation and seeks to engender a spirit of comradery and community.

Warehousing and Inventory Department Staff Lime

Warehousing staff celebrated their achievements, reminisced 2019 and toasted to a successful new year at Soongs Restaurant.



Minister of Health New Year's Day visit



New Year's Day 2020 began with a visit from The Honourable Terrence Deyalsingh, Minister of Health to the San Fernando General and Teaching Hospital. On his way to greet mothers on the Postnatal Ward, Minister Deyalsingh interacted with the dedicated

staff at the hospital, as he presented tokens of appreciation and expressed heartfelt THANKS for their dedication and commitment to the provision of excellent healthcare.

Minister of Health- The Honourable Terrence Deyalsingh meet and greet nurses from the Paediatric Ward and Emergency Department



New Year New Wear

Sewing Room staff started 2020 in vogue, with their trendy new uniforms. Mrs. Belinda Ballah-Straker, Sewing Room Supervisor and her team displayed their individually designed and sewn office wear, which will be donned on the first Monday monthly.

Cancer Week

January 20th - 24th, 2020



Advocating Cancer Awareness

Cancer Week was launched on January 20th, 2020 by a team of hard-working dedicated health professionals, united in the mission to spread cancer awareness and educate communities throughout the south-west region on the critical roles of screening, healthy eating and healthy lifestyle choices. Cancer services were also available at the San Fernando General and Teaching Hospital.

The Week's activities comprised screening sessions at the Roy Joseph and Point Fortin Health Centres. Lectures were also held at four NALIS Libraries centred on Prostate, Testicular and Cervical Cancer Awareness, and two educational display booths at the San Fernando General and Teaching Hospital.



Cancer Care Champions Oncology Department



The hard working, dedicated Oncology Department team remain true to their vision to provide effective, research-driven cancer care catered to the dynamic needs of the population, while developing a centre of excellence within the SWRHA.



Summary of activities

Prostate Specific Antigen Tests	144
Digital Rectal Exams	126
Pap Smears	179
Influenza Vaccines	103
HPV Vaccines	18



Nursing staff at the Point Fortin Health Centre register persons for prostate and cervical cancer screening

Did You KNOW?

The new Point Fortin Hospital is:

- Located at Techier and Point Fortin Main Road, Point Fortin
- 175,000 square feet, state-of-the-art three-storey health facility
- Equipped with:
 - ❖ 100 beds and an additional 10 for same-day surgeries
 - ❖ A new Information Technology system
 - ❖ Data and Wireless networking
 - ❖ Parking spaces for staff and clients
 - ❖ Diagnostic Services including CT Scan, Ultrasound, Mammography
 - ❖ Enhanced Internal Medicine, Emergency and Obstetrics Services



HEALTHY TIPS

AS YOU ENJOY
THIS CARNIVAL SEASON
HERE ARE SOME TIPS TO KEEP YOU
HEALTHY AND SAFE.

- ✓ Protect yourself from the Flu
 - ★ Get your Flu Shot at your nearest health centre.
 - ★ Avoid close contact with persons with flu-like symptoms
 - ★ Wash your hands or use and alcohol based hand sanitizer
- ✓ Stay hydrated. Drink lots of water.
- ✓ Do not accept drinks from strangers or leave drinks unattended.
- ✓ Protect yourself from the sun. Walk with your sunscreen and a hat.
- ✓ Don't drink and drive. Designate a driver.
- ✓ Be cautious when buying food
- ✓ The food handler should have a valid "food handler badge" prominently displayed at all times, have clean clothing and their head should be covered

STAFF COMMENDATIONS

Had a most pleasant experience today at the SFTH Pharmacy Dept...

whilst waiting for my daughter's appointment at her Outpatient Clinic, I had to collect meds... because of this, I was back and forth. A security guard noticing this, took my prescription, helped me so that I would not have to be to and fro. I'm sorry that you did not get her name but she was on duty by the Pharmacy Department on January 24th 2020 morning shift around 8:00 a.m. God bless her.

Annalise Beepath,
Facebook

During the end stages of my labour, Nurse Lizann Birbal was on duty. She held my hand, helping me with breathing, rubbed my back, encouraged me and kept telling me what to expect, what was the next step. She was a true health professional, kind, helpful, patient and gentle. Amidst all the pain, she was a kind hearted soul.

Shauna Bascombe-Mitchell,
Fyzabad

I would like to commend Dr. Vishesh Dhanraj and Dr. Tracy Boodram for the exceptional care delivered to my mom at the San Fernando General Hospital, Emergency Department on December 31st, 2019 and January 1st, 2020. They were truly helpful. They took their time to explain the test results to my mother and my family, patiently answered our questions and gave advice. We need a lot of doctors like them with that caring nature. I truly appreciate them.

Valerie Baptiste,
St. Patrick

As a cancer survivor, I wish to express appreciation to the Oncology Team at San Fernando General Hospital for the excellent service I received. At each visit they were so helpful, kind, and caring.

Sandra Williams,
Point Fortin

I just wish to acknowledge and express gratitude, to Nurse Beverly Hills who is attached to the San Fernando Eye Clinic. In an occasion of deep concern, she went the extra mile to assist.

Cassie Coolman Jute
Facebook



We are SWRHA

Dr. Sandi Arthur,
Primary Care Physician II (Ag)



Hailing from Barbados, Dr. Sandi Arthur is known as energetic, friendly and ardent health advocate. As Deputy Chairman of the Health Promotion Committee, she is heavily involved in the primary and secondary care settings educating persons on health, promoting awareness and engaging persons in discussions on health care, with her unforgettable *bajan* accent.



Dr. Sandi Arthur, PCP II (Ag) checking the blood pressure of Dr. Saleem Varachhia

Q: Why did you choose medicine?

A: As a child I had the privilege of being cared for by an excellent Paediatric practice that was more like an extended family than anything else. Although I could not express it so explicitly back then, being cared for in such a nurturing and balanced setting inspired me to do the same for others.

Q: What do you love about being a doctor?

A: I love being able to have a positive impact on an individual's health and wellness, using whatever resources are available.

Q: Name someone who greatly influenced your life and how?

A: It's hard to name any one person who has greatly influenced my life as I believe I am a product of experiences that have occurred throughout my lifetime thus far. My parents not only shared their DNA but guided both my brother and I by strong principals grounded in their faith in God. Through them I learnt the importance of honesty, integrity, compassion and determination. As I grew, school teachers, especially primary school, and my close friends had a significant impact. Having completed medical school as a young adult, select senior colleagues have probably had the greatest influence in shaping my professional career.

Q: What motivates you/keeps you going?

A: I am motivated by the following:

- God is my ultimate boss and my actions must therefore reflect Him
- As a proud Bajan, I must "by my living, do credit to my nation wherever I go".

Q: What do you like the most about Trinidad culture?

A: Trinidad and Tobago is a melting pot of many cultures, ethnicities and religions that have found a way to co-exist to produce a 'well flavoured callaloo' that is the Trinidadian culture. It is this diversity that I appreciate the most as it

has expanded by knowledge and understanding for people and the unique nuances that arise in the various groups. This is essential in my practice as a medical doctor as it has equipped me to handle situations which may be influenced by religious beliefs or culturally accepted norms.

Ms. Cecile Hinds,
Clerk 1 Temporary

An official FIFA referee since 2013, Ms. Cecile Hinds has been working in the SWRHA for the past ten years. Despite her five feet stature, she has a goliath personality, with a fierce yet quiet temperament, which serves her well when making decisions on the football field.

Ms. Hinds explains that it is no easy task, juggling her work in the Procurement and Contract Department and officiating at matches, tournaments, friendlies on local, regional and international levels. "Sometimes after working during the day I have to run for an entire game. It can be difficult at times and strenuous on your mind and body," she said.

However, it is her love of football and hard work that pushes her to excel at her work and a woman referee. In 2018, she was appointed to the CONCACAF Under-17 Women's Championship in Florida, USA, officiated at one of the semi-final matches and served as the fourth official at the third place qualifying match.



An avid footballer and track and field competitor at her Alma Mater, Pleasantville Secondary School, her decision to become a referee, was made because of an injury. It was her mother who encouraged her to attend training when the ad was posted in the newspapers. She has been officiating matches since 2008.

Ms. Hinds participated in her first FIFA Fitness Course in Miami in 2015 and continues to keep herself fit and trim in her monthly referee fitness programs. Over the years, she has shared her knowledge and passion for football and fitness by officiating at SWRHA's Football Leagues and conducting one-hour exercise sessions at RAC 1.

When asked what advice she would like to share, Ms. Hinds said "Your health is your wealth. See about you first. With you nothing is impossible and in all things give thanks and always pray."

**Ms. Afeya Jeffrey,
Physical Therapy Intern**



Ms. Afeya Jeffrey holds the portfolio of Physical Therapy Intern at the SWRHA but is also a personal trainer, fitness instructor, dance teacher as well as 2nd runner-up in the 2014 Miss World TT Pageant and Miss Earth Trinidad and Tobago 2018. She has participated in and represented Trinidad and Tobago in several

beauty pageants regionally and internationally from 2008 till her retirement from pageantry in 2018.

The UWI Mona graduate explained that her love for physiotherapy started with the

desire to help persons who were injured and often unable to recover from their injuries, especially dancers. Her first interaction with disabled children during the Miss World TT Pageant solidified her choice to pursue physical therapy. Her love for this field is portrayed in her friendly and encouraging interaction with clients at the Physiotherapy Department.

"Seeing people come in a stressed state of mind and leaving with a different perspective and more positive spirit, that sense of fulfilment that they have and the paradigm shift that occurs is why I love physical therapy," Ms. Jeffrey said.

A role model for young women in the Point Fortin community, Ms. Jeffrey described her low self-esteem and the bullying she experienced as an obese child. "I stumbled across fitness and became involved in dance... One day my way home a pageant organiser asked me to a part of a local pageant, she spoke to my mom and my mother thought it would be a great opportunity for me. The moment I got on that stage, my personality changed and that was it."

After winning that pageant and motivated by her success, she went on to win the Ms. Guapo, Ms. Point Fortin Borough and Ms. Point Fortin Carnival Queen Competitions. She promotes health, fitness, self-esteem and empowerment among women and girls. "It is important for young women to know who they are. You must develop mental girth, because there is a lot to putting yourself out there," she said.



Ms. Jeffrey does not believe that giving up should ever be an option for persons and she uses this to motivate her clients. She stands firm in the values instilled in her by her grandmother and her desire to be extraordinary. "Once you have life, health and faith you can go a long way. I always tell my clients that you have to push, push push. At the end of the day you will make it and it will make you stronger."

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

UPCOMING EVENTS

February 2020

12th Prostate Cancer Health Fair,
JTA Cross Crossing,
9:00 a.m. - 2:00 p.m.

13th SWRHA FITT,
Harris Promenade,
Aerobics start at 4:30 p.m.

14th La Brea Health Centre's Health and Wellness Programme
1:00 p.m. (Duration 2 weeks)

15th Princes Town DHF Caring for the Caregiver Health Fair Family Day
Yoland Pompey Ground
12:00 p.m.- 5:00 p.m.

17th to 21st World Phlebotomist Week Activities
San Fernando General and Teaching Hospital

29th Emergency and You Conference
Naparima Girls' High School Auditorium
1:00p.m. - 5:00p.m.

