

JOURNEY

To Excellence



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"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."
Buddha

MEN'S WELLNESS DAY

... 900 plus strong



They came in their numbers! More than 900 men, from across Trinidad and Tobago turned up the Mt. Hope Women's Centre, for the Men's Wellness Day Initiative on April 13. A record breaker for health care in Trinidad and Tobago.

Getting men to attend clinics is a challenge for healthcare providers, as it has been noted that, men seldom seek a physician's care until an ailment begins to negatively impact their work or everyday life.

But a pointedly targeted campaign by the NCRHA, endorsed and supported by personalities such as soca superstar Dr. Machel Montano, Nikki Crosby and even

the Honourable Prime Minister Dr Keith Rowley and Mrs. Rowley, encouraging men to attend the clinic and to have their PSA (Prostate Specific Antigen) test done, proved to be successful in getting the men to the clinic.

Men also had access to services in smoking cessation, vision screening, flu vaccine, body mass index measurement, glucose testing, stress relief exercises and dietary advice. "This initiative showed that men are also concerned about their health, and if given the opportunity they will respond to our call to action," said Dr Abdul Hamid, GM Primary Care Services.

(read more inside)

Men's Wellness Day

(cont'd from Page 1) "Many times this is too late for men, since the symptoms of most NCDs such as prostate cancer or diabetes only emerge when the disease is at an advanced stage and difficult to manage. Dr. Abdul said



that of men who attended a significant number tested positive for the early stages of diabetes and hypertension and were referred to various clinics within the NCRHA.

NCRHA Chairman, Steve De Las paid tribute to the nursing and medical staff who give up their Saturday to run the clinic. He noted the improved relationship the NCRHA team was having with our communities, which has translated into earlier interventions, improved quality of life and less congestion in the Emergency Department. Health Minister Terrence Deyalsingh said he planned to extend the initiative to the other RHAs since prostate cancer was a major cause of male mortality in the Caribbean and particularly in Trinidad and Tobago.



Granny (Nikki Crosby), was as a hit with the men, when she put in an appearance at the recently concluded Men Clinic's at the Women's Centre, Mt Hope. Over 900 men attended the clinic, a record for men's healthcare in the country.

NCRHA's Wound Care Clinic sees 6,000 visits



The North Central Regional Health Authority (NCRHA) officially launched its Wound Care Clinic at the Arima District Health Facility on Saturday February 16th 2019.

Dr. Vishwanath Partapsingh, Chief Medical Officer (Ag), from the Ministry of Health was on hand to officially open the Centre.

Since its establishment in January 2018, the clinic has seen over 6290 visitors and has recorded sixty-five 65 successful surgical procedures.

The initiative, piloted as a primary care project, uses the latest medical technology, equipment and methods, to provide specialised care for patients with hard to heal

wounds, as a result of diabetes and/or other NCDs. The clinic is staffed with wound care consultant doctors, specially trained nurses, dietitians, surgeons, social workers and related support for holistic care.

Recently discharged patient, Phedelis Gordon, passionately described her experience at the clinic, saying the decision to join the clinic changed her life. "The clinic staff taught me about how my lifestyle was affecting my healing process. The dietitian and doctor told me what was necessary to aid my healing. It wasn't just about keeping the wound clean and changing the dressing, I also had to eat right, take my medicine and change some negative

lifestyle habits I started seeing results within days." said Ms. Gordon.

Honourable Minister of Health, Mr. Terrance Deyalsingh commended the NCRHA on establishing the clinic and cited the positive implications at a national level since this primary care intervention is expected to realise a reduction in the number of persons needing to access emergency services and it is also expected to cause a reduction in the number of patients needing amputations. NCRHA Chairman, Mr. Steve De Las expressed his delight at seeing the project come to fruition and its impact on those needing that particular kind of care.

Nurses take lead for International Nurses Day

International Nurses Day, which was established by the International Nurses Council is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. However, celebrations and observances usually run for a week to mark that date.



Nurses of the Quarter



RN Colleen Alexander Barrow, is flanked by her colleagues ENA Marjorie B. Frederick (left) and PCA Angela Prescod (right), show off their Nurses of the Quarter award.

The Nursing Management team of the Eric Williams Medical Sciences Complex (EWMSC), North Central Regional Health Authority salutes Ms. Colleen Alexander Barrow (RN), Ms. Marjorie B. Frederick (ENA)

and Ms. Angela Prescod (PCA), for their unwavering commitment, dedication and excellence performance in the delivery of nursing care, thus earning them the award of Nurses for the Quarter.

WORLD Hand Hygiene Day

CLEAN CARE FOR ALL - IT'S IN YOUR HANDS



The NCRHA's Infection Control Unit heeded the World Health Organization's calls for everyone to participate in World Hand Hygiene Day. There is a global movement to achieve universal health coverage through Hand Hygiene i.e. achieving better

health and well-being for all people at all ages. The NCRHA supports hand hygiene 2019 as a component to achieving Universal Health Coverage. World Hygiene Day was celebrated at the NCRHA on the 8th May 2019.

WORLD Down Syndrome Awareness Day



Staff wore their craziest, most colourful, mismatched socks to spread the awareness on March 21, 2019.



Self-Harm Awareness Day

The NCRHA acknowledged Self-Harm Awareness Day on March 29, 2019. On this day people were encouraged to wear orange or draw a butterfly on their wrist in awareness of the "the Butterfly Project". The main objective is to break down the common stereotypes surrounding SHAD and to educate about the condition.



Patient Testimonies

Clifton David Ryan via Facebook:

"This new wing of the Mt Hope Women's Hospital is really appreciated. Attended lamaze class with my wife on Tuesday. Our children were allowed to be there with us, we were given a tour of the labour room, antenatal and postnatal wards. The staff were very professional and the sessions were very informative. We also learned that children could now visit the mother and new baby at the postnatal ward. Thank you to the hard working staff at the Mt. Hope Women's Hospital!!!"

Melissa Rayside via Facebook

"Special thanks to the staff and team at the Calm Clinic at Chaguanas and Mt. Hope Hospital for the excellent job in providing Mental Health Care and Support to our students and their families."



Staff Praised for Disaster Relief Effort

Last year, our country experienced a 6.9 earthquake in August, followed by severe flooring in October. NCRHA staff went above and beyond the call of duty to assist those in need.

Below, the Chief Operating Officer, Ms. Stacy Thomas - Lewis presents a token of thanks to members of staff in recognition of service during this critical period in our country.



Students... Walk the Talk

A community health screening initiative



There was a different step to NCRHA's "Walk The Talk" when the project took place at the Curepe Presbyterian Church on Sunday February 3rd 2019; for the first time the medical professionals from the NCRHA, were accompanied by fourth year medical students, who attended as part of their Family Health rotation.

The eager group of students, from the Faculty Medical Sciences, University of the West Indies, assisted in checking blood pressure, blood sugar levels, eye tests and other basic screenings to assess

general health of residents and their families. The students said they were delighted to be a part of the proceedings and were grateful for the opportunity to give back to the community in this way.

Should you or any community-based organization be interested in having our team of medical professionals visit your Temple, Churches or Mosques to provide preventative medical services, please feel free to contact the Office of the Primary Health Care Services at: Tel/Fax: 662-4206 | PBX: 645-3232 ext. 2097/2098.

Event Committee's UPCOMING EVENTS

30 April	FOOTBALL GAME 1ST ROUND held at the CAURA HOSPITAL Field @ 2:00 PM	02 May
	ALL FOURS 1ST ROUND held at the CHAGUANAS STRESS RELIEF CENTRE @ 3:00 PM	
09 May	CRICKET GAME 1ST ROUND held at the FRENCH VILLAGE FIELD @ 2:00 PM	16 May
	FOOTBALL GAME 2ND ROUND held at the CAURA HOSPITAL Field @ 2:00 PM	
23 May	ALL FOURS SEMI FINALS held at the CHAGUANAS STRESS RELIEF CENTRE @ 3:00 PM	29 May
	CRICKET GAME SEMI FINALS held at the FRENCH VILLAGE FIELD @ 2:00 PM	
29 June	FUN AND FAMILY DAY held at the COLPOSCOPY WOMEN'S CENTRE CAR PARK 7:00 am - 6:00 PM	

For further information, please call:
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