

JOURNEY

To Excellence



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**"There's nothing more
important than our good
health - that's our
principal capital asset."**

Arlen Specter

Successful Execution of the... Maternal & Child Survival Project



The USAID Maternal and Child Survival Program (MCSP) Zika Sub-Award in Trinidad and Tobago was successfully executed by the North-Central Regional Health Authority on behalf of the Ministry of Health. The NCRHA project team consisted of:

- Ms. Vernessar Cummings,
Manager, Business Planning and Support
- Ms. Marissa Harding-Buddy,
Manager, Training and Development
- Dr. Natalie Dick, Specialist, Developmental-
Behavioral Pediatrician, Child Development
and Behavior Unit
- Ms. Camille Ramlogan, Business Manager,
Paediatric Medicine CDBU/POPC/SHU
- Ms. Sharon Creft, Chief Financial Officer (Ag.)
- Mr. Peter Neptune, Manager,
Corporate Communications

The project facilitated Master Training of Healthcare Providers to be able to function as trainers on the topic Early Childhood Development (ECD) i.e. Typical Development/ Potential Early Warning Signs for Developmental Delay and Therapeutic Early Stimulation (TES) and Psychosocial Support (PSS). All of the Master Trainings were facilitated by MCSP/Early Childhood Development team. Participants (Master Trainers) then went on to conduct internally facilitated trainings which trained participants from across all RHA's in Trinidad and Tobago. A total of 90 healthcare providers were trained in Early Childhood Development (Typical Development/Potential Early Warning Signs for Developmental Delay) and Therapeutic Early Stimulation for Healthcare providers (TES). A total of 82 healthcare providers were trained in Psychosocial Support (PSS) for Caregivers.

Maternal & Child Survival Project



(from left to right) Mr. Steve De Las, Chairman - NCRHA, Dr Maryam Richards, Principal Medical Officer - Ministry of Health, Ms. Julia Henn, USAID ESC Mission and Dr Adesh Sirjusingh, Director of Women's Health - Ministry of Health.

(cont'd from cover page) These healthcare providers included Doctors, Nurses, Medical Social Workers and Nursing Educators.

The Project also identified the families of the documented congenital Zika Virus (ZIKV) infection. These families were then invited to participate in the project. Comprehensive Neurodevelopmental evaluations and multidisciplinary interventions (including psychosocial support), per international standards, were conducted, as guided by the draft, national protocol. Recommendations were identified and shared as well, for continued long-term follow-up management based on the above-mentioned evaluations which were conducted at the Child Development and Behaviour Unit of the NCRHA.

The Project also consisted of a promotional aspect for building awareness. This included the creation of the training videos, posters and brochures on Typical Development/ Screening for Developmental Delay and Therapeutic Early Stimulation (TES) for Healthcare providers and Psychosocial Support for Caregivers (PSS).



Mr. Steve De Las, Chairman - NCRHA addresses the participants of the USAID MCSP Closing Ceremony held on May 29, 2019

World No Tobacco Day... Annual School Poster Competition



The prize giving ceremony for the **“World No Tobacco Day School Poster Competition”** was held on Wednesday May 29th 2019 at the Women's Centre, Mount Hope Women's Hospital.

Students; Ekene Eze (*El Socorro Central Government*), Nicolai Abdul (*St. Mary's Children Home Primary School*), Suvan K.S.N. Subance (*San Fernando T.M.L. Primary School*) copped the prizes for first, second and third respectively in the competitions third installment since its beginning in 2017.

According to Mr. Mark West, Facilitator, Lung Cancer/Thoracic Malignancy Unit, the initiative, a collaborative effort between the Lung Cancer/Thoracic Malignancy Unit of the North Central Regional Health Authority (NCRHA), the Ministry of Health (MOH), Health Education Division and Thoracic Society of Trinidad and Tobago (TSOTT), saw nearly 100 hundred students participate in this year's contest.

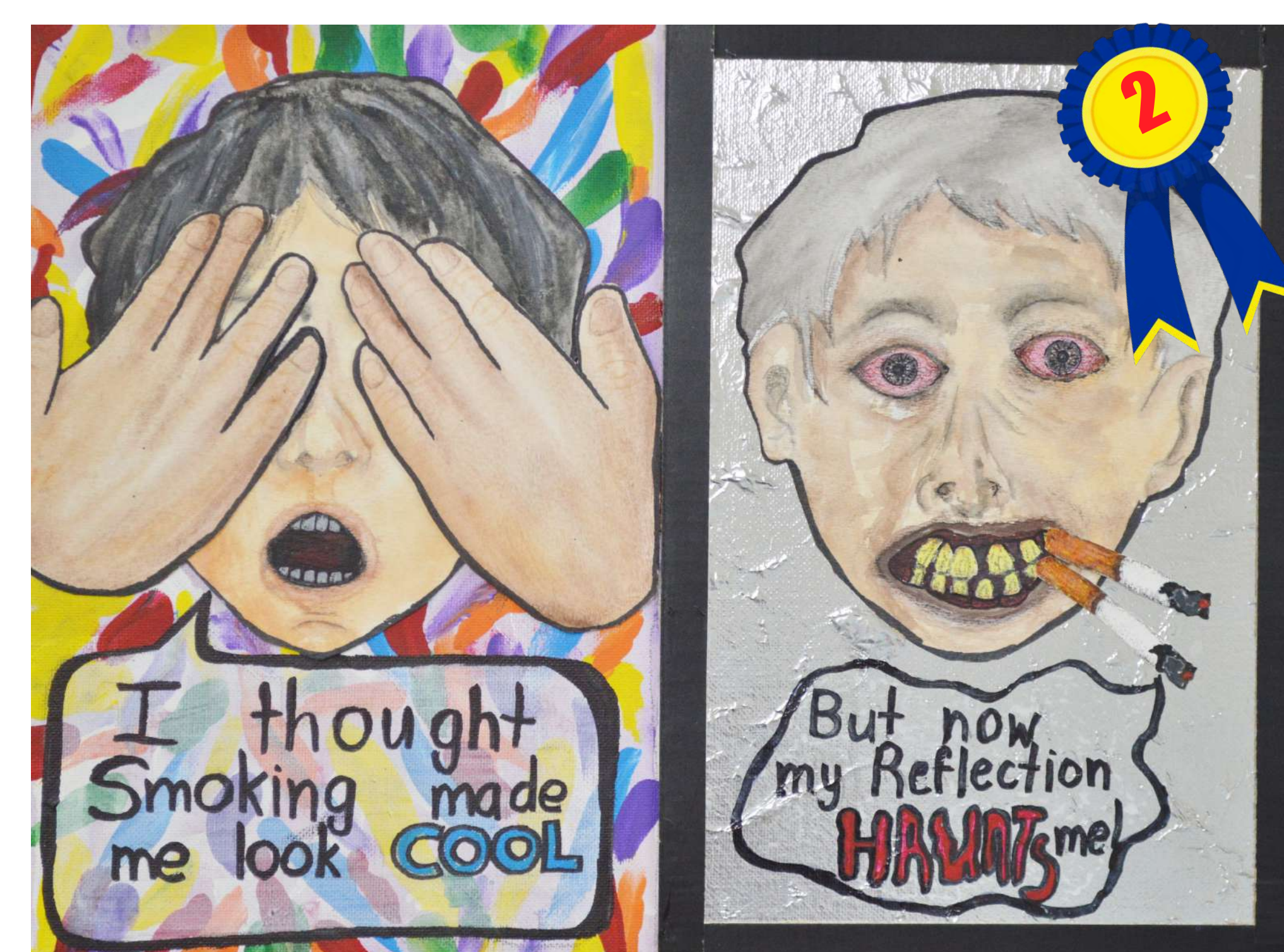
Annually the event is held in commemoration of “World No Tobacco Day” (*observed on May 31st 2019 by World Health Organization*) among primary schools as a means of informing adolescents of the effects of cigarette smoking; promoting tobacco use prevention and encouraging healthy lifestyles choices.



Ms. Joanne Thomas, General Manager Human Resources, NCRHA presents the First Place prize to Ekene Eze, 11 years old from El Socorro Government Primary School.

The Chief Executive Officer - NCRHA, Mr. Davlin Thomas expressed his delight in seeing so many young children participate in the competition aimed at raising awareness of the dangers of tobacco use. He highlighted the importance of harnessing their minds, talents and abilities to contribute to societal good.

The Chairman - NCRHA, Mr. Steve De Las, echoed the sentiments of the CEO, congratulating the superb efforts of the kids with their artistic presentations, as well as their teachers and parents who would have supported them in the process. He also commended the work of the all members of staff, Executive management of the NCRHA, the team from the Ministry of Health, the Health Education Division, and the Lung Cancer/Thoracic Malignancy Unit their commitment and endeavor to making this initiative a tremendous success.



NCRHA Gets New Director

The Executive Management Team of the North Central Regional Health Authority would like to welcome its new Board Director, **Ms. Anita Sohan** to the team.



Mother's Day at MHWH



Mr. Davlin Thomas, CEO (left) looks on as the Minister of Health - Mr. Terrence Deyalsingh congratulates Ms. Chevonne Parks on the birth of her baby at the MHWH

It was not just another day for Ms. Chevonne Parks who delivered the first baby born on Mother's Day in Trinidad and Tobago. She gave birth to her bundle of joy Yara-Lee at 12:03am on Sunday May 12, 2019 at the Mt Hope Women's Hospital.

The Honourable Minister of Health, Mr. Terrence Deyalsingh praised the nurses for helping T&T achieve its sustainable development goals of reducing infant and maternal mortality.

Food for LIFEstyle Initiative



The Honourable Minister of Health - Mr. Terrence Deyalsingh, gets a pressure test at the Food for Lifestyle Initiative.



Mr. Davlin Thomas, CEO - NCRHA (right) speaks to villagers.



The NCRHA hosted its **"Food For Lifestyle Initiative"** - a free sample market held in St. Joseph on Saturday, May 11th 2018. The Free Market included demonstrations on the different types of foods and how to maintain a balanced diet on a budget; a free health foods distribution market; free advice from certified dietitians; free cooking suggestions to get the most from our healthy foods, as well as consultations with Doctors and Nutritionists. General screening and testing were also provided at the well-attended initiative. The Honourable Minister of Health, Mr. Terrence Deyalsingh was on hand for the day's

proceedings and congratulated the NCRHA on another well executed project, citing it was a real positive for the community. "What we eat is an integral part of health care. Initiatives such as these are important as they raise awareness to proper diet and nutrition habits, especially in times like these, where lifestyle diseases are plaguing our societies. The simplest of changes can have the most significant impact on the quality of life of our people," Minister Deyalsingh commented. Stay tuned for the next Food For Lifestyle free market initiative coming to a community near you!

EWMSC AED Upgrade and Expansion Works

The Eric Williams Medical Sciences Complex (EWMSC), which is the most accessed medical facility in Trinidad and Tobago, with nearly 64,000 emergency visits yearly, received an upgrade and expansion in January 2019. These include new Patient Triage Wing, new ECG Room, easier access to Triage Nurses and Medical staff, expanded Patient Wing, expanded air conditioned visitor seating and computerized Bed Bureau for ward transfers.



Walk the Talk

A community health screening initiative



The NCRHA's "Walk The Talk" project continued at the Kingdom Hall of Jehovah's Witness at the corner of Laxmi Lane and Rapsey Street in Curepe and Hillview Collage in Tunapuna. Among services offered were: basic screenings (blood, sugar & pressure testing), nutrition and dietetics counselling, as well as social work services.

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

Upcoming Events

Events Committee
presents its Annual

COOK OUT & DANCE PAST

29 JUNE
WOMEN'S CENTRE
CAR PARK
7:00AM -6:00PM



- ★ **COOK-OFF COMPETITION**
- ★ **DANCE PAST** (starts at 8:00am)
- ★ **BOUNCY CASTLE**
- ★ **NOVELTY RACES**
- ★ **FACE PAINTING**
- ★ **PRIZE FOR BIGGEST CREW**



INFORMATION / REGISTRATION
Laura 771-7540 or Milika 312-5927



A BIG Congrats!

To the 1,000 men who attended the...

MEN'S WELLNESS Initiative.



778 screened with over 150 abnormal PSA's.
These men are now on their way to improved health.
Our heartfelt congratulations to them!

Stay tuned for the next Men's Wellness Initiative!



THANK YOU

To all who supported the **EPILEPSY Symposium**



The North Central Regional Health Authority congratulates its Training Unit and the Paediatric Emergency Department staff on its first **EPILEPSY Symposium**.

"Supporting Those Who Care"