



Attendees viewing the food display to learn about various nutritional facts

### PAHO's WALKTHROUGH AT BARATARIA HEALTH CENTRE

On the 8<sup>th</sup> of June 2016, The Barataria Health Centre welcomed Dr, Carissa Etienne, Director of PAHO and her team. The Barataria Health Centre has been recognized as a centre of excellence especially where primary care is concerned making it the ideal health centre for this visit.

Amongst the PAHO contingent were Dr Bernadette Theodore-Gandhi, PWR/PAHO/WHO, Dr Edwin Bolastiq, Adviser PAHO/WHO and Ms Izola Garcia, Consultant PAHO/WHO. They were accompanied by Chief Medical Officer, Ministry of Health Dr Akenath Missir and General Manager Primary Care, NWRHA Dr Peter Bhaggan.

Dr Etienne was on her inaugural visit to Trinidad & Tobago on assumption of her duties as Director of PAH/WHO. Nurse Jofield, DHV for Barataria Health centre led the walk through of the facility.

The contingent interacted with the staff and toured areas such as the Pharmacy and the Children's Assessment Unit. The walk about concluded with discussions into the NWRHA's Primary Health care services and the emphasis on non-communicable chronic disease programmes. Conversations of the MhGAP initiative were also discussed.



Dr Etienne gains insight in to the pharmacy department



Dr Etienne shakes the hand of Head Nurse Ms. Jofield

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# INSIDE NWRHA

# JUNE 2016



## NEW MEDICAL VACUUM PUMP AT POSGH MAIN

### OPERATING THEATRE

The main Operating Theatre at the Port of Spain General Hospital commissioned a new Oil-Less Claw Medical Vacuum pump on the 15th June 2016.

The new equipment replaces a very obsolete vacuum pump system installed over thirty years ago. The old unit operated on a 50% capacity for the past year making the responsibilities aligned to its usage challenging.

This Oil-less Claw Medical Vacuum pump system provides a central vacuum service to the entire unit comprising of five theatres. As a result, all theatres now have access to the vacuum service through wall outlets as opposed to having to physically manoeuvre a portable apparatus during surgery. The pump system is integral to procedures done in theatre as it allows for the suctioning of blood and other body fluids facilitating applications such as wound drainage, assisted wound closure, chest and lung drainage and removal of excess blood during surgery just to name a few.

The system has already improved efficiency in the unit. It has virtually maintenance-free dependability, it is energy efficient and quite suitable to the low vacuum functionalities of the main operating theatre.

The NWRHA continues to make strides in clinical excellence through substantial investments in medical technology.



## NWRHA'S NATIONAL NUTRITION AWARENESS WEEK INITIATIVE

The Nutrition & Dietetics Department of the Port-of-Spain General Hospital provides services to both inpatients and outpatients. The team comprises of eight (8) Registered Dietitians (RD) who assess individuals' nutritional needs and provide appropriate nutrition therapy to co-manage the medical treatment of persons living with any nutrition-related conditions.

Additionally the Department includes the Food Service aspect catering to the needs of six hundred (600) patients daily for each meal (breakfast/lunch/supper). The staff in the Food Service Department comprise:

- Thirty six (36) - Therapeutic Cooks- all trained in meal preparation to cater for the needs of all specialized diets
- Ten (10) - Handymen- they help to ensure the safety and sanitation aspects of the Department
- Twenty (20) - Food Delivery Workers-responsible for transportation of prepared meals and other food supplies to wards
- Three (3) - Dietary Clerks- they prepare relevant documents and deal with other day to day matters to ensure a smooth flow of daily activities.

The Nutrition and Dietetics Department commemorated National Nutrition Awareness Week (NNAW) with celebrations highlighting the theme '*Healthy Eating, Active Living on a Budget.*' These celebrations came in the form of an outreach on Thursday 23<sup>rd</sup> June, 2016 at the Port of Spain General Hospital. The event exemplified the theme which was chosen in light of the current economic situation facing our country.

Activities included :

- **RD Corner-** Registered Dietitians provided nutrition information on general health eating including tips for eating on a budget and cost illustrations for meals.

- **Health Screening-** blood glucose and blood pressure testing by student nurses
- **Nutrition display-** Food Demonstrators from the Ministry of Health- Nutrition & Metabolism Division highlighted fat, sugar and salt content of commonly consumed food and beverages.
- **Food Display-** The Therapeutic Cooks prepared and presented healthy balanced meals featuring vegetarian ideas. They were also on hand to discuss preparation methods and provide other useful tips for tailoring cooking to meet special medical needs.
- **Food Sampling:** Members of the public were able to sample food and beverage items prepared by the Cooks. These items included:

- Multigrain/Herbed Buns
- Black-Eyed Peas Pattie
- Tomato Salsa
- Rio Claro Punch- Blend of local fruits (no added sugar) *recipe courtesy Healthy & Delicious Cookbook-Trinidad & Tobago Association of Nutritionists & Dietitians (TTAND)*

The event was well attended with an interaction of approximately 200 persons and it is hoped that persons are now better informed on healthier eating choices that would lead to more positive health outcomes.

The NWRHA salutes the staff of the Nutrition and Dietetics Department as their continued efforts and ingenuity display true commitment to making a positive impact on the health status of individuals and communities.

