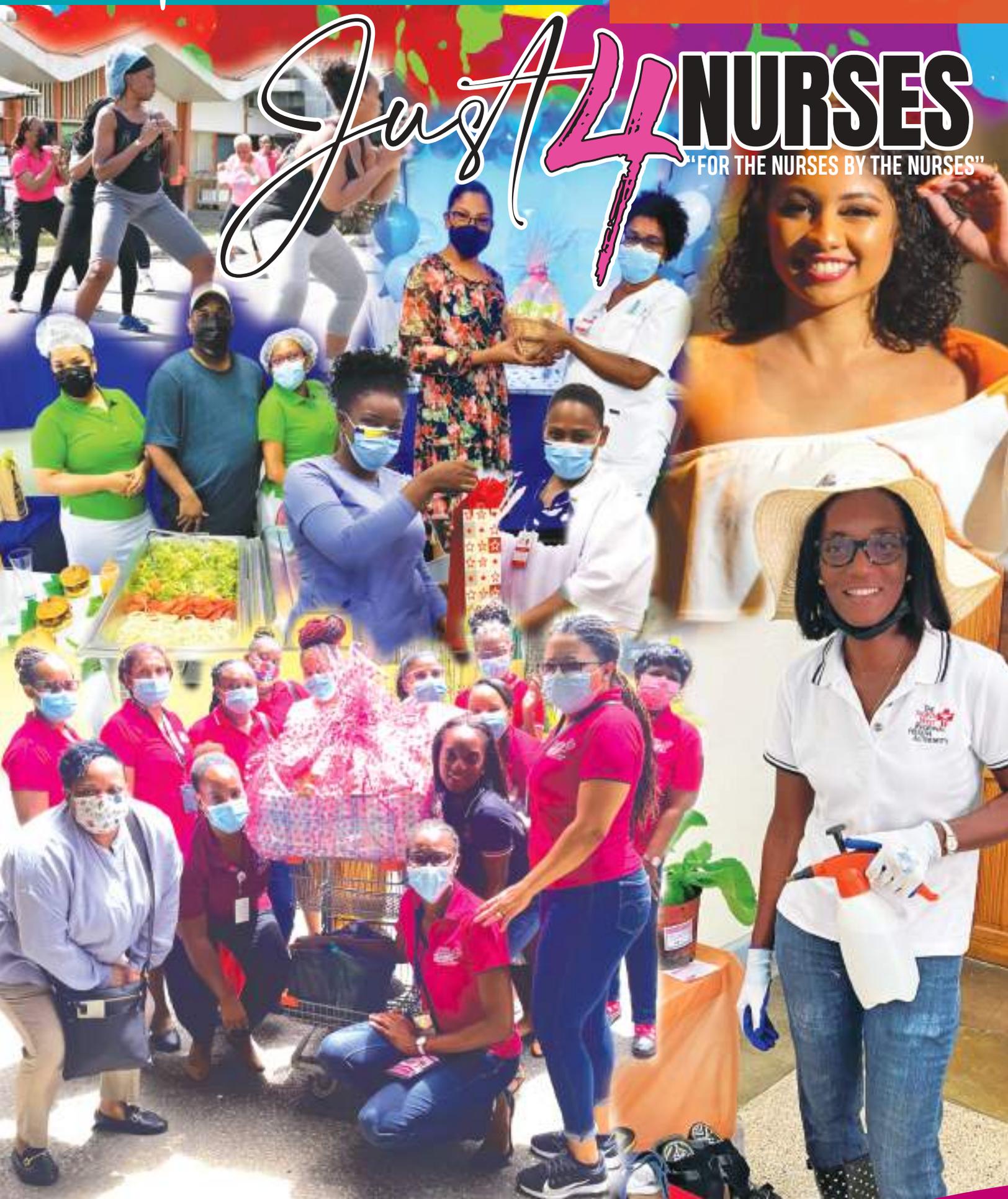




Just 4 NURSES

'FOR THE NURSES BY THE NURSES'



Introduction

Dear Nurses (RN, RN/LM, RMN, LM, ENA, PCA),

This issue of our Newsletter, showcases the team spirit exhibited during our month of celebration, in commemoration of Nurses' Week 2022. The activities were aligned to the International Council of Nurses' (ICN) theme this year, Nurses: A Voice to Lead – Invest in Nursing and Respect Rights to Secure Global Health.

In order for others to invest in us as a nursing fraternity, we must first, invest in ourselves. The success of these events reverberated far and wide. "None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful" Mother Teresa. This mantra was echoed, as we achieved all that was proposed. We would have learnt several lessons over this month, while challenging ourselves to improve after each event. We also saw growth in each other, we identified strengths and we respected varying viewpoints. We overcame all obstacles, we at Port of Spain General Hospital can say 'we did it all'.

Several members of staff would have expressed their heartfelt thanks and appreciation for the experiences they would have gained through this gala. We just want to say, we could not have done any of this without you. You all contributed to its success in one way or the other. Some supported the sales, others participated in the events and others donated their time, skills, connections or money. **Thank you.** Looking forward to our next venture together.



Keturah Verrinuel-Belgrove
Nursing Administrator II

Remember:

"Unity is strength.. when there is teamwork and collaboration, wonderful things can be achieved."

- Mattie Stepanek



The Accident and Emergency Department



DEPARTMENTAL FEATURE | *Written by: Nyheria George RN/CRN*

The Port of Spain General Hospital was established in 1855. The Casualty department as it was once known was the epicenter of most services at the Posgh.

Now titled the Accident and Emergency department, this area is always on the move with an energetic pulse geared towards saving lives, but do you know of its untold history?

It once stood at the entrance of the hospital, specifically where the original Blood Bank is located. Staffing was small and Nurses would contact the physician on duty to triage patients then transport them to the main hospital area for further treatment. The Posgh was the first facility in the Caribbean that offered emergency, medical, surgical and pediatric care under one roof.

“PUNCTUALITY, EFFICIENCY AND PROFESSIONALISM
WAS OF UTMOST IMPORTANCE IN THOSE DAYS”

Sister Rhonda Bruce-Jack



YESTERYEAR

Stalwarts such as Mr Ernest Ali, Sister Annette Hopson, Sister Sylvia Wickham paved the way and implemented most of the Nursing Policies we see in the A&E department today.

Mr Ali, who retired as our Hospital Administrator, reflected on when the patient quota totalled 150-250 patients per day unlike the volume we presently manage in 2022.

In 1981 the resuscitation room comprised of 1 bed. On advice from staff Nurses the A&E X-Ray department was eventually added. Dr Winston Welch was the Consultant at that time and worked with the Nurses to ensure patient care was never compromised.

In conversations with Sister Rhonda Bruce-Jack she spoke of a time when the A&E department ran like a well oiled machine. Nurses and Doctors worked in unison with focus and professionalism. She began her tenure in 1997 and would spend 12 yrs in the Emergency Department. She said the geography of the area hasn't changed much but the volume of patients has increased exponentially.

COVID 19 AND THE PANDEMIC

Trauma Nursing isn't for the faint of heart. During the Covid 19 pandemic the efficiency and functionality of the Emergency department was challenged but under the guidance and management of Head Nurses Ria-Ann Orr Holder, Allison Moe and Michelle Duncan staff conjured up the ability to triumph over adversity. The Nurses who worked tirelessly throughout the pandemic truly deserve all the commendations and praise they receive. As we move forward we should hold the Accident and Emergency Department in high esteem and be grateful for the loyalty and dedication of all staff members.





Interfaith Service

3rd May, 2022

Nurses' Month OF ACTIVITIES



Leadership Seminar

4th May, 2022





Stress Management/Financial Management/Preparing for Retirement

5th May, 2022



Motivational Day

6th May, 2022



Health Screening

9th May, 2022

NURSES 
A VOICE TO LEAD
INVEST IN NURSING AND
RESPECT RIGHTS TO
SECURE GLOBAL HEALTH
POSGH International
Nurses Month 2022

Gender Based Violence Seminar

10th May, 2022



Burnout Session

11th May, 2022



Nurses' Iron Chef Competition

12th May, 2022





Distribution of Tokens

12th May, 2022



Fashion Show and Soiree

13th May, 2022





Memorial Service in recognition of Nurses who passed

17th May, 2022



Long Service Award Ceremony

19th May, 2022





Entrepreneurship Day

20th May, 2022



Visit to Finbar Ryan Home

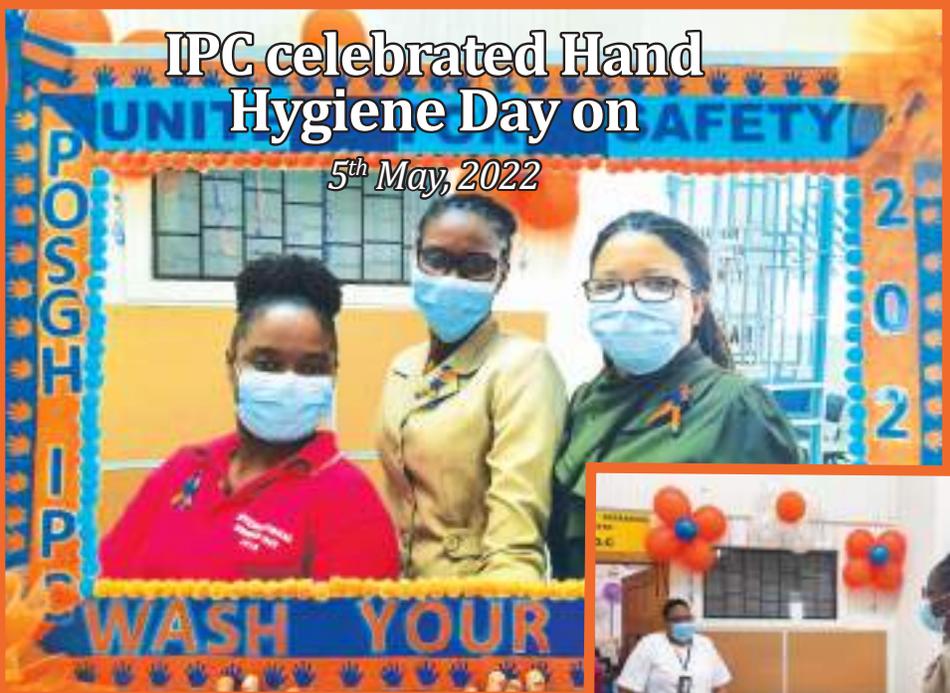
24th May, 2022



Nursing Administration 1st Place Raffle and Newsletter Weight Loss Competition

1st Place Winner

drawn on 27th May, 2022



IPC celebrated Hand Hygiene Day on

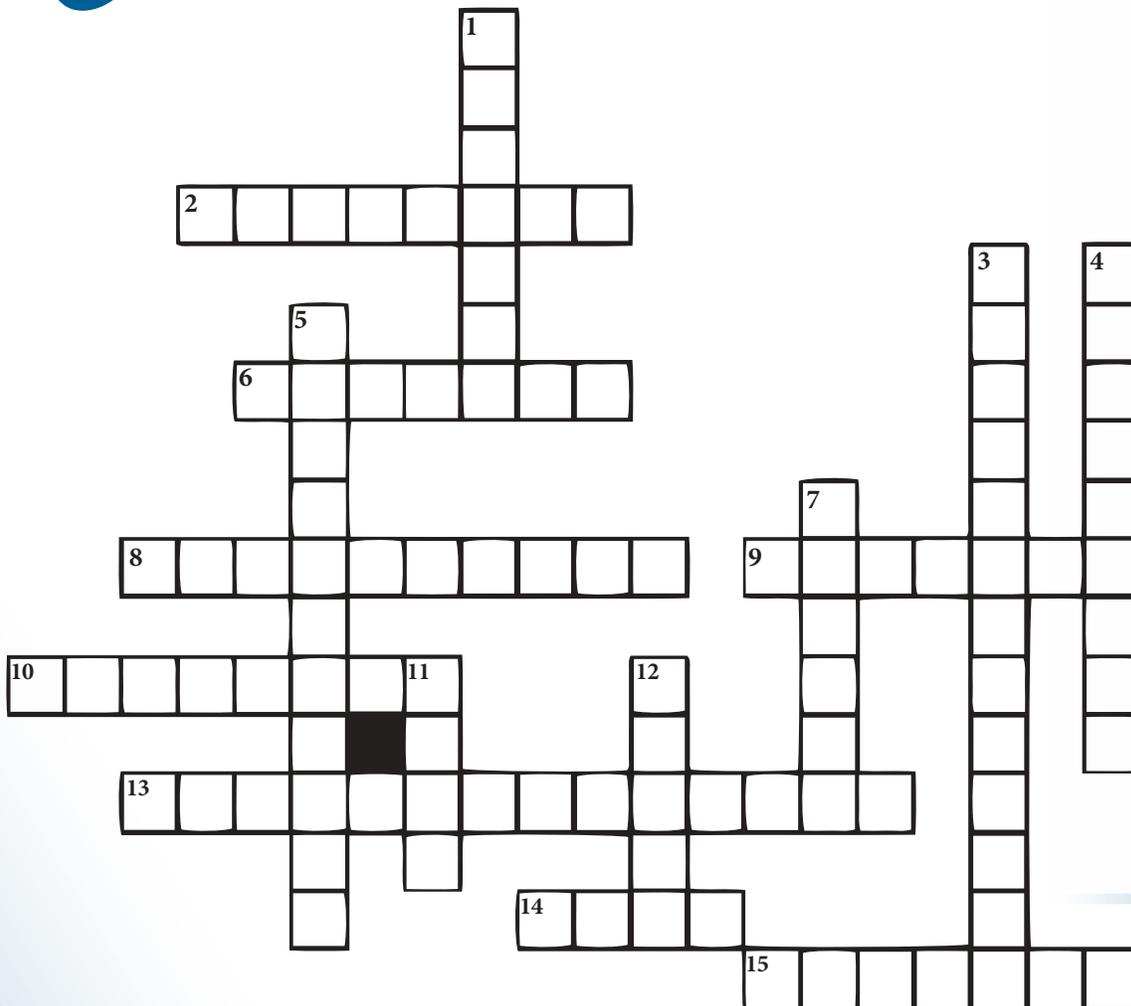
5th May, 2022



KFC delivered meals for all the Nurses on Duty at the Port of Spain General Hospital on May 7th, 2022. Thank you.



Crossword *Quality Patient Care*



ACROSS

- 2 Offering an enjoyable experience
- 6 Assessment chart for pressure ulcers
- 8 achieving maximum productivity
- 9 regard for the feelings, wishes or rights of others
- 10 information about a person's performance
- 13 involve patient in care
- 14 showing kindness
- 15 able to tolerate delays without becoming annoyed

DOWN

- 1 most favorable situation
- 3 well informed
- 4 succesful in producing a desired result
- 5 the generous reception of patients
- 7 tender temperament
- 11 nature of a person
- 12 doing what is morally right



The largest natural deposit of asphalt in the world is located in Trinidad and Tobago. The La Brea Pitch Lake is located in the south of the island and was discovered by Sir Walter Raleigh after being shown to him by the native Indians living there.

The amazing thing about this lake is that it continues to replenish itself, despite being emptied again and again to pave roads. Labelled the eighth wonder of the world, this lake is one of the more popular attractions across both islands. Visitors can bathe in its sulphur pools that are said to have amazing healing properties.

*Historical information via
www.nationalgeographic.co.uk*

*Written by:
Trinidad and Tobago Tourism*

Historical Fact



Nursing Globally

EXCERPT: read full report @

<https://www.icn.ch/sites/default/files/inline-files/triad-statement-12may2022.pdf>

World Health Organization - International Council of Nurses - International Confederation of Midwives



2022 TRIAD STATEMENT



Introduction

Nursing and midwifery leaders representing WHO Member States, national nursing associations, and national midwifery associations met virtually for the 9th “Triad Meeting” of WHO, the International Council of Nurses, and the International Confederation of Midwives.

Over 650 nursing and midwifery leaders from 165 countries participated in the 9th Triad Meeting. Participants included guests from WHO collaborating centers for nursing and midwifery, deans and other nursing and midwifery educators, nursing and midwifery regulators and other partners.

The meeting focused on country-level operationalization of the Global Strategic Directions for Nursing and Midwifery 2021-2025, as adopted by the Seventy-fourth World Health Assembly in Resolution 74.15.

The 9th Triad Meeting acknowledged and re-affirmed the following:

- While WHO’s 2022 report to the 75th World Health Assembly indicates a reduction in the workforce shortages, previously also documented in the State of the Worlds’ Nursing 2020 and the State of the World’s Midwifery 2021 reports, these data mostly depict a pre-COVID-19 situation, and concern remains about the impact of the COVID-19 pandemic on the availability of midwives and nurses.
- The **COVID-19 pandemic** has taken a significant toll on midwives and nurses worldwide. Burnout, sickness, intention to leave, and retirement are climbing, as are reports of attacks, abuse and violence against midwives and nurses. The rates of mental health illness among health and care workers since the onset of the COVID-19 pandemic is alarming, including the share among midwives and nurses. In some contexts, there has been a marked increase in international recruitment and migration.
- Insufficient availability of midwives and nurses during the COVID-19 pandemic has contributed to the **disruption of essential health services**, affecting the ability of countries to advance towards universal health coverage, COVID-19 recovery and future emergency preparedness and response.
- The dramatic impact of the COVID-19 pandemic illustrates the cost of **underinvesting in health and care workers**. However, countries face challenges to increase domestic spending on the health and care while simultaneously needing to redirect resources to other urgent priorities.
- Midwives and nurses require **safe and supportive work environments**, including adequate staffing levels, decent working conditions and protections, equal and fair pay, and career advancement opportunities, such as continuing professional development, priority access to full vaccination, workplace policies that promote gender equality, and leadership roles that are resourced and contribute to fair representation of women in health policy. The rights of midwives and nurses at work must also be respected, and occupational health and wellbeing services should be available.
- Enabling midwives and nurses to **practice to the full extent** of their education, training, and regulation can increase access to essential health services, strengthen primary health systems, and advance towards universal health coverage.
- Two million midwives and 28 million nurses mean that together, midwives and nurses comprise more than half of the global health workforce. Our **collaboration** can strengthen advocacy and policy messages on shared issues. Collaboration among multidisciplinary teams is essential to maximize the contributions of each professional group in the delivery of primary health care, achievement of universal health coverage, and the attainment of the Sustainable Development Goals.



Living a Healthier Lifestyle

DOES A HEALTHIER LIFESTYLE MAKE A DIFFERENCE?

According to Y. Li, A. Pan, D. Wang et al, 2018, healthy habits make a big difference. In their study: Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population they identified five (5) habits or keys to a longer life. It was concluded that people who met the criteria for all five habits enjoyed significantly, impressively longer lives than those who had none: 14 years for women and 12 years for men (if they had these habits at age 50). People who had none of these habits were far more likely to die prematurely from cancer or cardiovascular disease. The five healthy habits are: healthy diet, healthy physical activity level, healthy body weight, smoking (never smoked) and moderate alcohol intake.

Study investigators also calculated life expectancy by how many of these five healthy habits people had. Just one healthy habit (and it didn't matter which one) ... just one... extended life expectancy by two years in men and women.

Not surprisingly, the more healthy habits people had, the longer their lifespan.

The researchers from the Harvard T.H. Chan School of Public Health who conducted this study on the impact of health habits on life expectancy, utilised data from the well-known Nurses' Health Study (NHS) (78,000 women, followed from 1980 to 2014) and the Health Professionals Follow-up Study (HPFS) (over 40,000 men followed from 1986 to 2014). This is over 120,000 participants with 34 years of data for women, and 28 years of data for men.

The five areas were selected by the researchers because prior studies have shown them to have a large impact on risk of premature death. These healthy habits were defined and measured as follows:



1. **Healthy diet**, which was calculated and rated based on the reported intake of healthy foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids, and unhealthy foods like red and processed meats, sugar-sweetened beverages, trans fat, and sodium.



2. **Healthy physical activity level**, which was measured as at least 30 minutes per day of moderate to vigorous activity daily.



3. **Healthy body weight**, defined as a normal body mass index (BMI), which is between 18.5 and 24.9.



4. **Smoking**, well, there is no healthy amount of smoking. "Healthy" here meant never having smoked.



5. **Moderate alcohol intake**, which was measured as between 5 and 15 grams per day for women, and 5 to 30 grams per day for men. Generally, one drink contains about 14 grams of pure alcohol. That's 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits.

YOU MAKE A DIFFERENCE

POEM: NURSES MONTH

| By Carolyn Hinkson RMN/RN/Midwife/Head Nurse

'A voice to lead,' an appropriate name
For what there was in store
lectures, knowledge, interaction, showing our talents and so
much more

It was sharing our experiences
within the month of May,
a time to celebrate our profession
and the roles we have to play

Every year we have Nurses' week
some say it's not enough
because our profession is so demanding and being in health
can sometimes be tough.

I too, say one week does not compare
for all the rigours that we've been through we've been
fighting the battles of covid for two years, our experiences,
you have no clue!

Each week in May, a venture was proposed it had to be
something great
what better way to commence it all
but with a prayer service to increase our faith.

We needed to be motivated
and leaders we hoped to bring forth
so our speakers had to be knowledgeable and the best was
explored and sought.

I sat for one of these sessions, and might I say
it was tremendous and very clear
that leaders are special people, with charisma
not biased, but is always fair.

Stress and financial management was another important
topic,
and meant so much to me
cause the way how the economy is going
I was happy this knowledge was free.

The second week was self-care
exercise, diet and health was the name of the game

staff members participated in burnout, cook out
my ward mates proved their fame.

The fashion show.., well the things I heard
just can not be erased
Those Nurses were like models, stylish with poise
I heard our Nursing Administrator has great taste!

Recognizing the contribution of others
of present and of past
some are not here with us anymore
but their memories in our hearts will last.

When you hear how long some staff have worked
and the stories that they can tell,
the changes they've experienced in our profession
Where we grew and where we fell.

A day to showcase our talents
what we make, sell or do
entrepreneurs emerged with confidence beautiful things
exhibited for me and you!

Our last week we displayed our profession, to the
community with love and care
A visit to an Elderly Home
with communication and health fair.

Our profession is to serve our people
and advocating for their health
knowing a healthy nation is full of life
and full of extreme wealth.

So as we look upon the future
and memories of the past
great leaders are ascending
the elegance of our profession will surely last.

Thank you to the organizers and contributors
the part we all had to play
it was successful and phenomenal
our celebration in the month of May!

BACON WRAPPED CHICKEN TENDERS



Prep Time: 10 mins
Cook Time: 15 mins
Course: Appetizer or Main Course

Servings: 4
Serving Size: 2 Chicken tenders
Calories: 301 kcal



INGREDIENTS:

1 lb Chicken Breast
16 slices Bacon
4 slices Cheddar Cheese (*cut in halves*)
Seasoning
(Black pepper, Salt, fresh or powdered seasoning)

INSTRUCTIONS:

1. Wash and cut chicken breast into 1 – 2 inch strips.
2. Lightly season chicken with either fresh or powdered seasoning and set aside for at least 10 minutes.
3. Preheat oven to 450 degrees F (232 degrees C).
4. Line a baking sheet with foil (greased lightly) or parchment paper.
5. Pat dry chicken strips. Place a piece of cheese over each piece of chicken. Wrap the two together in a slice or two slices of bacon.
6. Place on baking sheet, with the cheese side facing up. Repeat with the remaining chicken, cheese and bacon.
7. Bake for about 15 – 18 minutes, until the chicken is cooked through. Place under the broiler for a couple of minutes to crisp up the bacon if so desired.
8. Serve.

Be in the Know!!!

UPCOMING/ ONGOING *Events*

- Rotation of Registered Nurses to St James Medical Complex was commenced in April and continues.
- Demolition of Central Block to commence soon. Feel free to contact your Nursing Supervisors for more details. Information will be shared once received.
- Head Nurses' Daily Rounding Form to be implemented from the 1st September, 2022.
- Join us as we host a Seminar in recognition of Gynaecological Cancer Month on the 9th September, 2022.

UPCOMING TRAINING SESSION FOR NURSING STAFF



- Customer Service Training commenced on the 28th October, 2021 and will be continuing until all staff have accessed training.
- BLS Training commenced on the 25th October, 2021 and continues. Accident and Emergency Staff has been the initial focus.
- An Introductory Neonatal Intensive Care Program to commence soon (MOH).





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facebook

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OUR
APP!**



**Newsletter
Committee
Members:**

- Keturah Verriuel-Belgrove
- Gernette Bissessar
- Sherlana Cyrus
- Gail Honore
- Denise Gibbs
- Alicia John
- Nyheria George



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We would like to express our sincere appreciation and thanks to our Nurses' Month of Celebrations' sponsors: Guardian Group Charitable Foundation, the University of Trinidad and Tobago, Academy of the Performing Arts, Prestige Holdings – KFC, United Bearings and Equipment Agencies Ltd., NATCO, HADCO Ltd, PriceSmart, Bermudez, Mr. Keron Ward, Designers, our Keynote Speakers, Presenters, back stage assistants, performers and supporters.

CONTACT US

Do you have a story, question or comment that you wish to share?

Write to us or contact us at Nursing Administration Office Port of Spain General Hospital, 61 Charlotte Street, Port of Spain or

Email: posgh.nursingsupervisor@nwrha.gov.tt