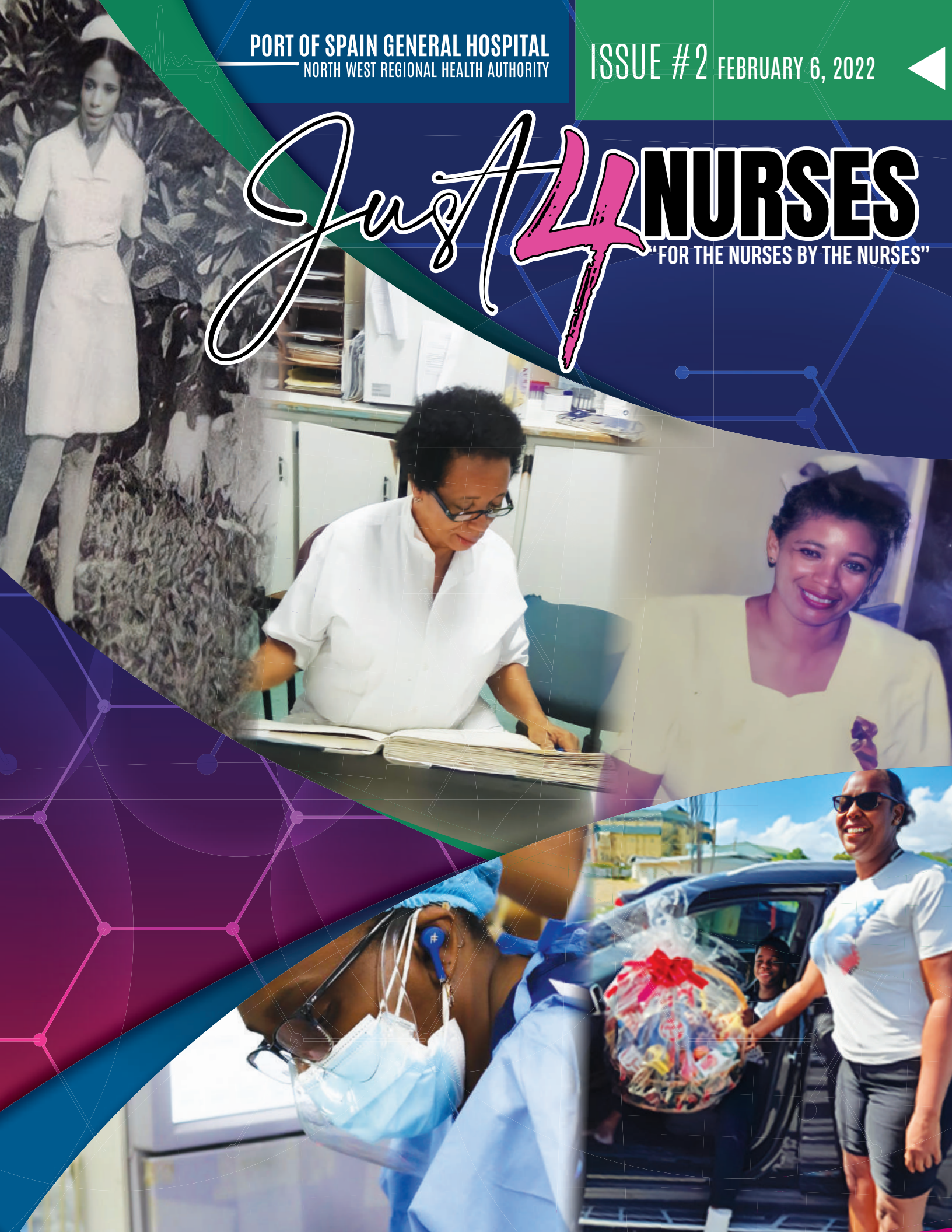


PORT OF SPAIN GENERAL HOSPITAL
NORTH WEST REGIONAL HEALTH AUTHORITY

ISSUE #2 FEBRUARY 6, 2022

Just 4 NURSES

'FOR THE NURSES BY THE NURSES'



Introduction

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

We are pleased to have been given yet another opportunity to showcase your outstanding contributions to the Port of Spain General Hospital, in this second issue of the **Just 4 Nurses Newsletter**.

As a professional, you are serving to change or improve the lives and by extension the families and communities of our nation. You all make invaluable contributions to this noble vocation. "If I cannot do great things, I can do SMALL things in a great way" Martin Luther King. Take pride in what you do and it will have its intended impact.

As we extend our sincerest gratitude to you all, we say,

hats off to you, for a job well done. You have been asked to revise your *modus operandi* in this ever-changing pandemic and you surpassed expectations. We continue to see resilience and versatility in the adaptation to the new norm.

As we welcome the New Year with new possibilities, we wish you and your families a bright and prosperous 2022.

Keturah Verrivel-Belgrove
Nursing Administrator II



General Manager Nursing, Nursing Administrators, Primary Care Nurse Managers and team proudly display Issue #1



Absolutely absorbed in their copies



1st Issue being presented to Mrs. Sherma Alexander-Campbell, General Manager Nursing and Support Services.

Remember:

Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."

- Vivian Greene



The Renal Unit: **WARD 2**

FIRST DEPARTMENTAL FEATURE

Written by: Nyheria George
RN/CRN

Staff currently assigned to the Renal Unit:

- | | |
|-----------------------------|-------------------------|
| 1. HN Lizette Mc Clean | 9. RN Sandra Bacchus |
| 2. RN Charmaine H. Mitchell | 10. RN Rhonda G. George |
| 3. RN Nyheria George | 11. RN Sydel Cardines |
| 4. Cheryl N. Alfred | 12. RN Natasha Warren |
| 5. RN Erica Boney | 13. RN Michelle Doyle |
| 6. RN Tracy Lewis | 14. RN Deorani Mahabir |
| 7. RN Arahi A. Hernandez | 15. ENA Janelle Wright |
| 8. RN Mary R. Hernandez | 16. ENA Akkisha Knights |

Introduction

The Renal Unit of the Port of Spain General Hospital, presently Ward 2, started from humble beginnings and over the years has transformed into the state of the art fully functional department we see today.

The advances in technology and medical care has decreased the mortality rate in renal patients across the globe. Today dialysis treatments are very easily accessible which was not the case many years prior.

Our Renal History

In the year 1970, Haemodialysis treatment and Renal Care at the Posgh was founded by Consultant Ram Mahabir who was then attached to the San Fernando General Hospital. At that time dialysis was a treatment modality quite unheard of in our country so the initial Renal Unit was extremely small, starting off with only 2 machines.

Specialized Nurses in that field were uncommon. Registered Nurses were trained by the Consultant in the functions of the machines and the treatment and management of patients with Chronic Kidney Disease.

With this in mind the Ministry of Health commenced its first Renal Education Programme in 2002 starting with a cohort of 20 Registered Nurses from various hospitals.

Since then we have had 5 programmes completed with a compliment of over 80 Certified Renal Nurses trained within the past 20 years.

Present Day

Many assume that Renal Nursing is sedentary but that is far from the truth. Working within the dialysis unit you understand that things can go awry very quickly especially due to the fragility of the patients requiring nephrology care.

Presently, the Renal Unit is responsible for the treatment of 70 patients and that number is increasing daily as the rise in lifestyle disease continues.

When you work in an environment where you build a relationship with your patients the death process takes a different toll on the staff.

The Covid 19 pandemic has claimed the lives of many of our patients and has given rise to our new unit mantra which is "Do not take life for granted so live as if it's your last day."

Under the leadership and support of our Head Nurse Lizette Mc Clean we trudge along each day focused on giving care entwined with prudence and compassion. Our patients also have the utmost confidence in us and this shows we love what we do!!

A wheel cannot turn without all of its parts and the Renal Unit plays an important role in the specialized care offered at the Port of Spain General Hospital.

Historical Information sourced via Registered Nurse and Renal Nurse Francesca Malcolm-Ali.



Sister Barbara Holder

FEATURE ARTICLE

Excellence in Nursing has always been a broad phrase with many a definition. From transformational leadership to effective change management and also strategic planning, one can even add good interpersonal skills. All of the attributes mentioned can be used to describe Sister Barbara Holder.

Sister Holder has been a beacon of light to the Nursing profession and the Port of Spain General Hospital for over 35 years. Many of us have worked under her tenure on Ward 14 and remember her stern but inviting personality. She has been a mentor, not only to nursing professionals but to any category staff willing to accept her wisdom and guidance.

I'm sure we've all been part of her Orthopaedic Day celebrations. Unknown to many of us, she was also the event coordinator of the Nursing achievement ceremonies in 1997 and 1998 and the POSGH **150 year** anniversary festivities.

Her footprint will forever be engraved at this hospital as she remains one of our most precious gems in the Nursing Fraternity!

She retired in 2019 and now enjoys her many hobbies at home with her 2 children and 3 grandchildren.

1. **Question:** *What year did you start your Nursing career and what can you distinctly remember about the beginning of your Nursing journey?*

Answer: I started Nursing in 1971 under the Ministry of Health. At that time, even as a student you were left to manage wards on your own without the oversight of an RN. I was in my second year of Nursing and charged ward 34 which was considered one of the hardest medical wards.

2. **Question:** *What do you believe has been your greatest achievement in your profession?*

Answer: I am formally trained in wound care management and I remember saving the limb of a patient who was due for amputation. I took over the care of her wound for two weeks. On the morning of her surgery the surgeons were shocked at the improvement and eventually cancelled her procedure. I was very proud!!!

3. **Question:** *In your many years of service, how has Nursing changed over the years?*

Answer: It has changed both for the better and for the worse!! I admire the advances in education the profession has made but I still believe Nurses do not think for themselves (for lack of a better phrase). We can do our own research. We can challenge decisions and make changes based on our own observations within our practice!!!

4. **Question:** *What started your love of agriculture?*

Answer: Actually it was due to the increase in pesticides used by farmers without any discretion. Growing your own food also gives you the opportunity to experiment with different crops and grow how and what you like!!!

5. **Question:** *Describe yourself in 3 words?*

Answer: Bold!!! Stupid!!! (Reason? I accept what I shouldn't because of my kind nature) and Adventurous!!!

Interview

6. **Question:** *If given the opportunity to resume duty where you can create your own position what would it be and why?*

Answer: I don't want to come back!!! I'm enjoying retirement too much!! I could have been in administration many moons ago but I loved my clinical nursing.

7. **Question:** *Being a Nurse is already a superpower!! What other hats does Sister Holder wear?*

Answer: Many many hats!! I'm an antique collector, I engage in sand painting, I'm certified in Carpentry and Upholstery and I plan on opening a health museum so look out for it!!

8. **Question:** *What are your thoughts on the Covid-19 pandemic and how it's being managed?*

Answer: The management is great as far as I see, but the easy access to a variety of information whether good or bad is hindering our progress. Vaccine hesitancy is also a challenge. Some

people are fully vaccinated and encouraging others to not take the vaccine. That shouldn't be. Informed decisions should be made!!

9. **Question:** *You were Head Nurse of Ward 14 Female Orthopaedics. What other specialty may have interested you over the years?*

Answer: It would be Obstetrics and Gynaecology. I was one of 2 Nurses chosen by the Ministry of Health to pursue training in this field. That was in 1996. I'm also a midwife and worked on Ward 1 for a few years.

10. **Question:** *Can you give some words of wisdom to the new generation of Nurses??*

Answer: Do not have tunnel vision!! Look at all different aspects of Nursing during your career. Maintain all infection and control practices, very important!!

Events over the Last Quarter



Orthopaedic Nurses' Day (celebrated on 5th November, 2021)

Featured Nisha Steele RN and Shelly Daniel ENA, as they interact with members of the public during their display.



Just 4 Nurses Newsletter Raffle Winners (drawn on the 10th December, 2021)

1st Place Winner the ecstatic Mr. Akeda



2nd Place Winner Ms. Louison receiving her prize from Nursing Supervisor and Newsletter team member Mrs. Sherlana Cyrus.



Staff Appreciation Day and Parang (23rd December, 2021)

Our very own Nursing Supervisor, Ms. Michelle Raymond and the members of the "Solo Para Ti" parang group serenading the staff, patients and visitors at the POSGH.



IPC Week Celebrations (in POSGH on the 22nd October, 2021)

Featured from left to right IPC Nurses: Roshine Kissonsingh, Nirmala Boodram, Mellissa Primus-Kerr and Ferrona Saunders-Samuel.

RECOGNITION AND APPRECIATION OF ALL OUR STAFF WHO WEATHERED IT ALL. PERFECT ATTENDANCE FOR THE LAST QUARTER.



Lisa Francis



Solange Sylvester



Sharon George



Natasha Prime

"You Got Up and You Showed Up"

Missing from the Photographs:

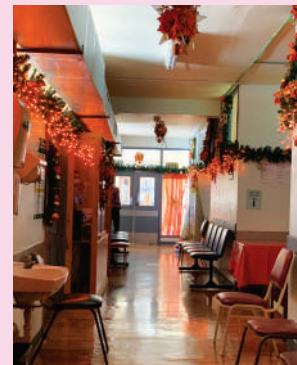
1. HN Leesann Singh
2. HN Allison Moe
3. SM Sarah Mathison-Greenidge
4. SM Maurisa Sampson
5. RN Jerneil Thomas
6. RN Natasha Cupid-Fournillier
7. RN Ameena Greene
8. ENA Larry Brewster

Christmas Decoration Competition (15th December, 2021)

Panel of judges (Mrs. Sherma Alexander-Campbell, Mr. Kevin Bradley, Ms. Francelin Williams) standing at the side of the Eyes and ENT Operating Theatre's Christmas tree



1st Place Winners, Eyes and ENT Operating Theatre



2nd Place Winners, Ward 303



3rd Place Winner, Neonatal Special Care Unit (NSCU)

To ALL members of staff, **Thank You.** We note your contributions on a daily basis.

We say a **Special Thank You** to all our staff serving at the Frontline of the Covid-19 Pandemic. We are forever indebted to you:

1. Covid Field Unit staff at Jean Pierre Complex.
2. Staff assigned to the POSGH Maternity Isolation Ward
3. POSGH Accident and Emergency Staff who work in our Covid Tents.
4. Our staff who have been reassigned to the Covid Units at St James Medical Complex.



Marsha Ramsaroop



Jacqueline Lezama

Thank You

Like an Ocean

| By ENA Doreen P. Skeete

It is said, life is like an ocean
Life is like the wave
Sometimes the waters are calm
Other times, the current misbehaves

Riding the tide of life is no easy game
Paddling through its waters beat all
odds to such fame
Often times, tides are high and
sometimes they're low
And at times some waves hit you like
you'd never know

You've already signed up, since you
have life

So steer good its helm, to balance its
strife
The current may be strong, the seas
may be rough
But what good is a seaman if he's not
strong and tough

Ride the waves as if you're surfing
Enjoy life even as strong winds keep
blowing
Plunge into the deep, accept every
challenge, with gears intact
The Almighty will see you through
and that's a fact!

ITEMS FOUND IN A HOSPITAL

Word Sleuth

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | A | P | S | G | I | E | X | R | A | E |
| Y | H | S | D | E | L | V | I | A | L | S | S |
| R | A | E | J | B | O | L | V | R | N | R | X |
| I | M | R | E | L | B | I | O | O | E | L | R |
| N | A | D | G | T | E | N | M | T | O | I | A |
| G | S | Q | T | A | P | E | E | P | A | E | Y |
| E | K | O | R | R | C | M | S | H | Z | R | F |
| A | S | B | L | O | O | D | C | U | T | E | O |
| G | A | U | S | M | S | L | A | W | L | C | R |
| B | O | A | R | E | E | G | L | D | Z | O | C |
| E | M | E | I | E | C | N | E | E | L | R | E |
| D | H | V | H | E | B | E | P | A | Y | D | P |
| T | O | W | R | B | N | N | A | S | K | S | N |

BEDS
IVLINES
RECORDS
THERMOMETER
BLOOD
MARKS
SCALE
TROLLEY
FORCEP
MEDS
SHEET
VIALS
GAUZE
NEEDLE
SYRINGE
WHEELCHAIR
GLOVE
OT
TAPE
XRAY

Living a Healthier Lifestyle

It's a common myth that some persons believe that a healthier lifestyle means eating healthy and exercising. In reality, creating a healthy lifestyle and maintaining it, isn't just about those two factors—it's also about being able to keep a positive attitude, strong mental health and a healthy self-image. To achieve this, one should aim to:



1.

Drink more water. Most of us don't drink enough water every day, but it is essential for our bodies to function optimally. Water is absolutely necessary for carrying out our bodily functions, removing waste, and transporting nutrients and oxygen throughout our bodies.

2.



Get enough sleep. Sleep allows your body and mind to recharge. When you don't sleep, you also tend to eat more.



3.

Exercise. By moving your body in some way for at least 30 minutes a day, you will lower your risk of disease and potentially increase your life span.



4.

Eat more fruits and vegetables. All fruits and vegetables carry vitamins and minerals, components essential to your health.



5.

Eat slowly. After a meal, your gut suppresses a hormone called ghrelin, which controls hunger, while also releasing the fullness hormones. These hormones tell your brain that you have eaten, reducing appetite, making you feel full, helping you to stop eating. If you take your time during meals and eat slowly, you allow your brain adequate time to send the "full" message to your stomach and allow your food to be fully ingested. This process takes approximately 20 minutes. Don't rely on a clean plate to tell you when it's time to stop eating.

6.



Prepare your meals. When you prepare meals yourself, you control exactly what goes into them. This makes it easier for you to make healthier choices for your body.

7.



Avoid negative people in your life. A positive mentality is key for a healthy life. You don't need negativity in your life. If you feel that a person or friend is negative, just let him or her go.



8.

Avoid negativity within yourself. You don't need negativity from yourself, either. Let go of all negative thoughts within yourself. Overeating tends to happen when one feels unhappy, so by staying in a positive state of mind, you cut out an unhealthy dependence on food to be happy.



Nursing Globally

EXCERPT: read full report @ <https://www.icn.ch/news>
International Council of Nurses "The Global Voice of Nursing"



Sustain and Retain in 2022 and Beyond:

The Global Nursing Workforce and the Covid-19 Pandemic

Buchan, J., Catton, H. and Shaffer, F. A., International Centre on Nurse Migration (ICNM), 2022

Executive summary

Purpose of the brief

The brief focuses on the nursing workforce at a time when a global pandemic is raging across the world. The year just ended—2021—has seen unprecedented damage inflicted on health systems and on the nursing workforce. The year just begun—2022—marks no change in the continuing relentless pressure of the pandemic on individual nurses, and on the global nursing workforce.

This brief was commissioned by the International Centre for Nurse Migration (ICNM). It provides a global snapshot assessment of how the COVID-19 pandemic is impacting on the nursing workforce, with a specific focus on how changing patterns of nurse supply and mobility will challenge the sustainability of the global nursing workforce. It also sets out the urgent action agenda and global workforce plan for 2022 and beyond which is required to support nurse workforce sustainability, and therefore improve health system responsiveness and resilience in the face of COVID-19.

COVID-19 and its impact on nurse supply

Key point summary

- The global nursing workforce was estimated in 2019-20 as being 27.9 million nurses.
- Prior to the pandemic, the global shortage of nurses was estimated at 5.9 million nurses, nearly all these shortages were concentrated in low- and lower middle-income countries.
- The pandemic has exacerbated the existing nurse supply shortfall and has forced rapid and "emergency" policy responses to try to increase nurse supply, at the system level, in all countries.
- There is a growing evidence base on pandemic impact, both on the personal level (stress, workload, infection risks, demands made of nurses to "cope" and be "resilient", and concern about "moral injury") and on the implications of the system responses (re-deployment, new responsibilities, access to PPE, etc.).
- The pre-pandemic shortage of nurses has been exacerbated by the impact of the pandemic. Burnt out nurses are leaving employment or taking absence.
- If only an additional 4% of the global nursing workforce were to leave as a result of pandemic impact, then the outflow would be more than one million; this would push the global nurse shortage estimate up to seven million.
- Each health system and country should conduct periodic nursing workforce impact assessments to provide alerts to pandemic related damage being done at the level of individual nurses, the overall nursing workforce, and health care systems.

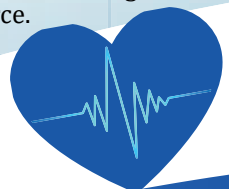
Self-sufficiency and nurse supply

Key point summary

- The pandemic has increased the immediate need for nurses in all countries, and will further ramp up demand over the next few years.
- Many countries must focus on increased supply of "new nurses", both to meet growing and changing demand created by the pandemic, and because of reduced current supply.
- There is huge variation in the relative size of new supply of nurses from domestic training, across the high-income countries of the OECD.
- Many low- and middle-income countries entered the pandemic with inadequate supply of nurses.
- There is emerging evidence of increased active and "fast track" international recruitment by some high-income OECD countries, which could undermine the ability of some "source" countries to respond effectively to pandemic challenges.
- The pandemic has heightened the risks associated with international recruitment: cutting across international supply to some high-income "destination" countries, in the short term, whilst driving up "push" factors and likely outflow from low-income "source" countries.
- There is a growing policy emphasis on the potential of government to government bilateral agreements to "manage" international recruitment of nurses - these agreements must be independently monitored to assure full compliance by all parties.
- There is an urgent need to monitor trends in international recruitment flows using a self-sufficiency index which can flag how reliant countries are on international inflows, and how the patterns of flows and impact are changing.

An Action Agenda for 2022 and Beyond: Sustaining and retaining the nurse workforce during the COVID-19 pandemic

- At country level, nurse workforce sustainability should be the goal. It can be achieved by focusing on two inter-related policy priorities: to ensure adequate domestic training capacity, and to improve retention of domestically trained nurses.
- At international level the policy response must be driven by recognition that the nursing workforce in lower income countries, already vulnerable and often understaffed, has been further damaged by the impact of the pandemic. The long-term Plan must focus both on rebuilding and investing in necessary growth in the global nursing workforce.



Cauliflower Grilled Cheese



Prep Time: 10 mins
Cook Time: 15 mins
Course: Appetizer,

Lunch or Side Dish
Servings: 3 - 4
Calories: 310 kcal



Ingredients:

| | |
|--------|--|
| 1 head | Cauliflower (to make about 4 cups processed cauliflower) |
| 2 | Eggs (lightly beaten) |
| 1½ cup | Cheddar Cheese (shredded) |
| ½ cup | Parmesan (finely grated) |
| ½ cup | Breadcrumbs |
| ½ tsp | Oregano |
| ¼ tsp | Salt |
| ¼ tsp | Black pepper |

Instructions:

1. Cut cauliflower into florets. Process cauliflower florets in a food processor until the texture resembles rice. Alternatively, you can grate the cauliflower.
2. In a medium bowl, combine the processed cauliflower, eggs, parmesan, breadcrumbs and oregano. Mix until evenly combined then season with salt and pepper.
3. Heat a large non-stick skillet over medium heat. Spray with cooking spray then scoop the cauliflower mixture into a small patty on one side of the pan. Repeat to form a second patty on the other side (these are your "bread" slices). Press down on both pieces with a spatula and cook until golden underneath, about 5 minutes. Flip and cook until the other sides are golden, about 3 minutes more.

Top one cauliflower slice with cheddar cheese then place the other cauliflower slice on top. Cook until the cheese is melted, about 2 minutes more per side. Repeat with remaining ingredients.

Be in the Know!!!

UPCOMING/ONGOING EVENTS

- Dialysis/Ward 2 began Dialysing Covid-19 patients on the 22nd December, 2021
- Weight Loss Challenge to commence on the 14th February, 2022. **"Love yourself"** (Open to all Members of Staff at the Port of Spain General Hospital) **Come join us!**
- Head Nurses' Daily Rounding Form to be implemented from the 1st March, 2022
- Rotation of Registered Nurses rescheduled for March, 2022 as rotation has to be done in all Covid Areas first.

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.
- All post basic training except ICU commenced on the 18th October, 2021.



Just 4 Nurses Committee members

from left to right: Nyheria George, Sherlana Cyrus, Alicia John, Nekeisha Williams, Gernette Bissessar, Keturah Verriuel-Belgrove

Missing from photo: Gail Honore and Denise Gibbs

**DOWNLOAD
OUR
APP!**



Newsletter Committee Members:

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



HISTORICAL FACT

On Saturday, 18th February 1797, Trinidad surrendered to a British fleet under the command of Sir Ralph Abercromby. That occurred 224 years ago.



Support Small Businesses, Buy Local

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