



# TTRNA MONTHLY BULLETIN

ISSUE 2:  
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8  
March

HAPPY WOMEN'S DAY

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- Tips for Working as a Nurse while Pregnant
- Covid 19 Vaccination Sites
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***"I took the Covid 19 Vaccine. I am part of the Solution!"***

Bettyann Murray-John - Secretary, TTRNA (Right)

# MEET YOUR CENTRAL EXECUTIVE SOUTHERN TEAM - BIENNIUM 2020-2022



## The Central Executive Members of the Southern Branch

*From Left to Right:*

*Elizabeth George - Secretary (South)*

*Angela Charles - Chairperson (South)*

*Marcia Baptiste - Lead Staff Representative*

*Mechelle Phillip-Dickson - Treasurer (South)*



**Ttrna- Trinidad and Tobago Registered Nurses Association**  
Left to Right. Mrs Betty Ann Murray John , Germain  
Kimloaz-Ahey, Prudence Legall, Angela Charles, Phyllis  
Brooks (Life member), Elizabeth George, Loreen Charles,  
Marcia Baptiste, Mechelle Phillip- Dickson, and Corey  
Dillon.

# REMEMBERING OUR NURSES - VICTIMS OF GENDER BASED VIOLENCE



On Wednesday 17th February 2021, TTRNA held a vigil in remembrance of persons who lost their lives as a result of gender based violence. As a female dominated profession we take this opportunity to speak out against violence against women.

Prayers were offered by participants for the nation's men, women, children, victims and their families as well as the Protective Services.

This vigil was held to occur simultaneously with other trade unions under the Joint Trade Union umbrella. We must never forget the names of the victims. We must never stay silent against such vile and horrendous acts.

TTRNA thanks those who came out to the venue, those who joined us online, prayer knows no distance. Solidarity makes us strong!



## HONOURING OUR NURSING PIONEER



**Berenice Dolly Pin \$100TT**

Proceeds from sale of Pins go towards Scholarship Fund

**STOP GENDER-BASED VIOLENCE**

**SUPPORT ILO CONVENTION**



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# Frontline Spotlight: Adana Stapleton

I'm a 37 year old mother of three handsome boys . I grew up in Mt. Dor, Champ Fleurs and I'm the perfect middle child, lol. Funny fact - nursing wasn't my dream career. I got the call to start training at the School of Nursing while in my final year doing A's . My dad, along with a really good friend of mine, Mrs Nakid, an Ex-matron, encouraged me to pursue Nursing which I'm glad I did, and yes, I successfully completed my A's at the same time . I'm very serious when it comes to my job. Part of this came from watching my deceased mom in the field as a Public Health Inspector. Mama didn't play, the rules were the rules and I've inherited the same work ethic and passion .

**How long have you been a nurse?** I've been a nurse for thirteen years (13yrs ) and counting .

**What areas have you specialized in?** Besides General Nursing, I possess certification in two other specialties:

1. Neonatal Intensive Care
2. Infection Control

**What is the role of the nurse in Covid19 patient care?** The role of the nurse in the care of a patient being treated or suspected of having Covid 19 is the same as a nurse working in any health care institution to advocate and provide optimum care for all individuals under their care. The only difference, and I hope that everyone takes this opportunity as a learning experience, is the donning and doffing of personal protective equipment, the emphasis now on hand hygiene and environmental hygiene . Nursing and by extension all healthcare workers are getting to see first hand the key role they play in the prevention and control of infectious diseases and microorganisms.

**Have you been quarantined at anytime during this pandemic?**  
To date no I have not .

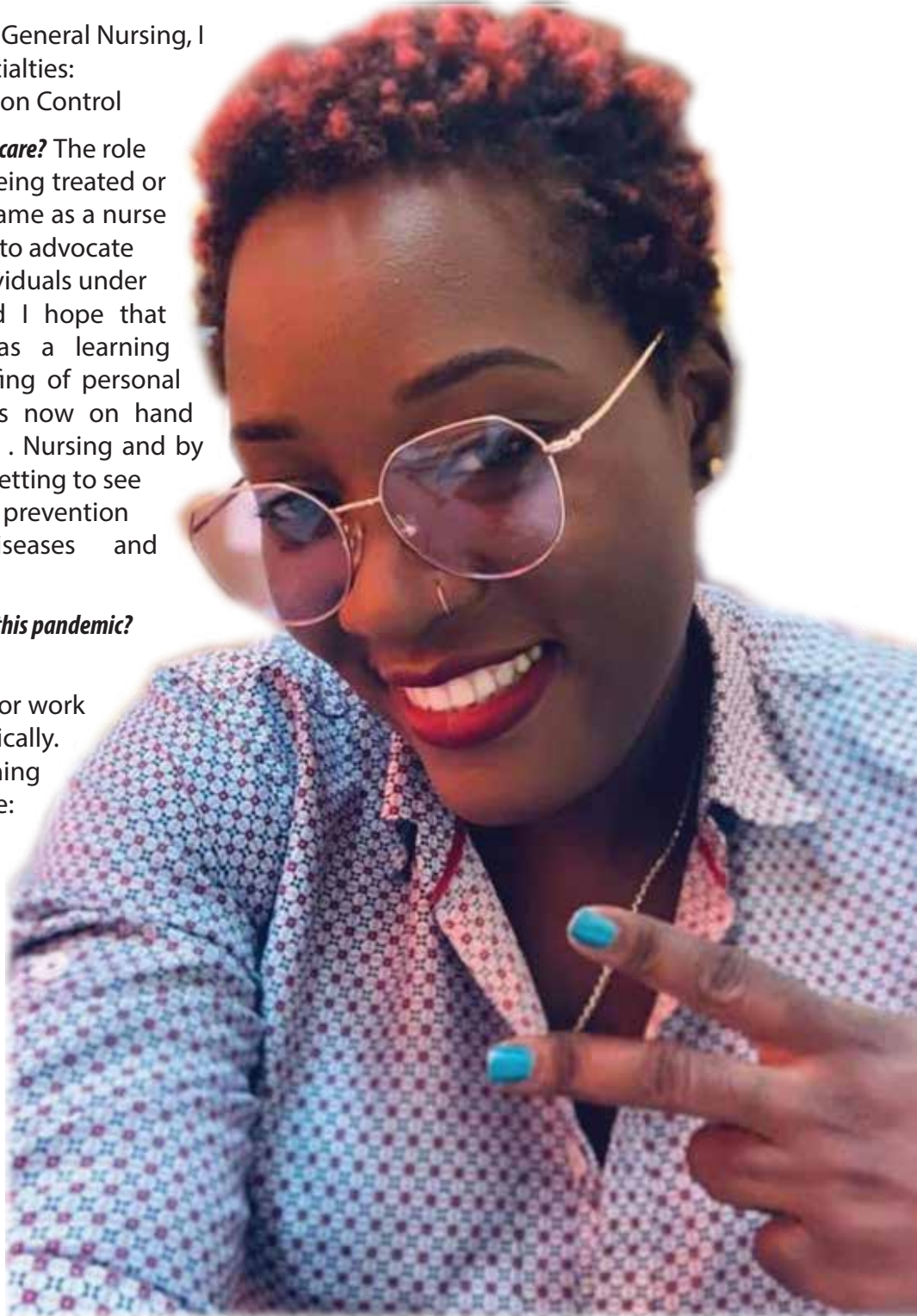
**How did you cope?** My coping strategies for work stress due to Covid has changed drastically. Beach Fridays have now become a thing of the past . New coping strategies are:

1. Praying
2. Reading and lots of it .
3. Listening to music.
4. Staying connected with family and friends.

**How do you balance your responsibilities and self care needs, eg. Sleep, rest, diet, relaxation.**

I will like to take this opportunity to give kudos to my ex-husband and his wife who have assisted a lot with the care and management of my boys .

1. Technology and the internet has



been a reliable and effective medium, Whatsapp and other platforms like Google classroom to communicate with teachers and share assignments.

2. Video calling to make sure assignments are being completed and that learning is taking place also to occasionally give a buff if needed, lol.

In the beginning maintaining my diet was really hard because the hours were longer. At times it just became home to sleep a couple hours and back out. Things have changed as realisation that this maybe the new normal for awhile .

1. Prayer
2. Daily workout is now a thing of the past.
3. Drinking lots of water.
4. Daily intake of vitamins and fresh fruits .
5. Meal prepping is now done on weekends.
6. Resting (getting at least 8 hrs sleep in daily )

### **What advice do you give to your nursing colleagues as we battle this pandemic?**

The advice I'll give my colleagues especially the Junior Nurses coming out will be to look at this pandemic as an opportunity. It's not everyday you get a global pandemic, take this time to research and not just read everything you see on social media but research from reliable sources like the World Health Organization or CDC . Research on micro-organisms, and modes of transmission, how infections are spread, how to prevent and control the spread of infectious diseases. Make this knowledge part of your lifestyle make it habitual so that no matter where you are placed to work, whether it be in a facility treating Covid patients or not, you maintain the same infection control techniques and principles because at the end of the day it's our responsibility as nurses to ensure that our patients, colleagues, relatives and family members are not exposed to infectious and harmful diseases.

### **What developments would you wish to see for the nursing profession in Trinidad and Tobago in the near future?**

I will really like to see a restructuring of nursing education. Nursing students should be allowed in their final year to choose what speciality they wish to go into and then in this final year be allowed to study this specialty alongside the Medical Students also going into this field. To me, you get Nurses with a greater passion and studying alongside the Medical Students, will help build a very strong bond between the two professions, that will only make the Healthcare system more efficient and effective.



<https://www.mothermurselove.com/working-as-a-nurse-while-pregnant/>

***Nursing is a challenging career and working 12-hour shifts as a pregnant nurse is no exception. In fact, most pregnant nurses are concerned about occupational precautions as well as the health of their unborn babies at some point during their pregnancies.***

Here are nine tips for working as a pregnant nurse:

### **1. Invest in compression stockings or socks**

Compression socks and stockings help pregnant nurses by preventing varicose veins due to standing for long periods of time.

- Prevention of varicose veins
- Improved blood flow and decreased risk of blood clots
- Decreased swelling of ankles and feet

### **2. Wear good shoes**

Pregnant nurses must make sure they have great shoes to support their growing belly's. Things to look for in a great pair of nursing shoes:

- Comfort
- Support and stability
- Work function
- Slip resistance
- Price and warranty

### **3. Pack healthy and energizing snacks**

Here are a few easy, fast, and high energy snacks to help your pregnant body stay energized through your 12 hour shifts:

- Trail mix
- Energy bars
- String cheese
- Greek yogurt
- Hard boiled eggs
- Veggies and hummus
- Almond butter and apples
- Peanut butter and jelly sandwiches

### **4. Go to bed as early as you can.**

Pregnant nurses need their sleep!

When it went off I was so deep in REM sleep that sometimes I didn't even know where I was when I woke up.

### **5. Aim for 30 minutes of exercise everyday**

Prenatal yoga can help pregnant nurses deal with stress throughout their pregnancies. Non-impact exercises for pregnant nurses include:

- Walking
- Hand weights
- Prenatal yoga
- Swimming
- Low impact aerobics



## 6. Reconsider working the night shift

Working the night shift can be especially challenging for nurses during their pregnancies. Consider switching to day shift. The rigorousness of working 12 hour shifts as a nurse is exhausting as it is. Add pregnancy into the mix and you might find that you are even more tired than ever.

## 7. Talk to your manager about modified duty

Many facilities are able to offer modified duty for pregnant nurses who can't be on their feet all day.

## 8. Communicate with management about your intended time to go on maternity leave.

It is important to keep open communication with administration about when you intend to go on maternity leave. As a pregnant nurse, you cannot predict the future.

## 9. Enjoy your pregnancy

Pregnancy can and should be a beautiful experience, even when you are a nurse working 12 hour shifts. Far too often many pregnant nurses focus on the inconveniences and difficulties they face at work during their pregnancies. But with proper precautions it can – and should – be a time filled with good health, gratitude, abundance and most of all, joy.

## Spanish for Nurses

1. Wash your hands often - *Lavarse las manos con frecuencia*
2. Don't touch your face - *No toque la cara*
3. Do you have difficulty breathing? - *¿Tiene problemas con respirar?*
4. Do you have fever? - *¿Tiene Fiebre?*
5. Keep your distance - *Mantenga la distancia*
6. Put your mask on - *Póngase la mascarilla*
7. Do you need a COVID 19 test? - *¿Necesita usted una prueba de COVID 19?*
8. Have you tested positive for coronavirus? - *¿Ha probado positivo al coronavirus usted?*
9. Do you need medical attention? - *¿Necesita atención médica usted?*
10. Have you come into contact with anyone who has coronavirus? - *¿Ha entrado en contacto con alguien que tenga coronavirus?*



## Trinidad Designated COVID-19 Vaccination Sites

### ERHA

1. Cumana Outreach Centre
2. Mayaro District Health Facility
3. Rio Claro Health Centre
4. Sangre Grande Enhanced Health Centre

### NGRHA

5. Arima District Health Facility
6. Chaguanas District Health Facility
7. La Horquetta Health Centre
8. St. Joseph Enhanced Health Centre

### NWRHA

9. Barataria Health Centre
10. Diego Martin Health Centre

### SWRHA

11. Couva District Health Facility
12. Freeport Health Centre
13. La Romaine Health Centre
14. Marabella Health Centre
15. Point Fortin Health Centre
16. Princes Town District Health Facility
17. Siparia District Health Facility
18. St. Madeleine Health Centre

2021

# BRANCH EVENTS

2018

WINE & CHEESE at TTGPA Port of Spain  
(Bulletin and Mask distribution)

WINE & CHEESE at MT HOPE WOMEN'S  
CENTER



TTRNA Life Member and Past President, Ms Karin Pierre is presented with a TTRNA Face Mask and January Bulletin



Event Manager, Ms Avion Drayton-Bailey, is all smiles and ready to serve up her delicacies



Delightful treats ready to be devoured.



Attendees listen to the presentation given by Ms Letitia Cox, then Chairperson of Northern Branch



Members and Invited Guests listen attentively to the Speaker



Presentation time...



Retired Nursing Supervisor, Ms Annette Martin, receives a Bulletin and Face Mask from Northern Branch Treasurer, Aleisha Edwards



# TTRNA ON THE GO...



*The TTRNA Southern Branch continues its thrust to ensure that no member of the nursing fraternity is left behind. On Thursday 4th February 2021 we were at the Debe, Lengua and Ste Madeleine health centers. We also visited the Princes Town District Health Facility. Representatives were Kireen Charles Philip and Corey Dillon.*

*TTRNA the only choice for nurses, representing members 24/7: 365. Improving healthcare from within.*

*TTRNA visited St Ann's Hospital on Monday 15th February 2021. It was only love in the 'Big House', as TTRNA continues its outreach to inform, update, and educate its thousands of members on matters affecting them. Wards visited included 12, 13, 14, 15, 19 and 27. If we missed you, we know your colleagues will update you on all the matters discussed. TTRNA, bringing the nursing and midwifery community closer together, united as ONE. TTRNA, exclusively representing nursing and midwifery personnel 365 days a year.*



*Welcome to our two new members from POSGH. As TTRNA gallops towards Recognised Majority Union Status for Nursing and Midwifery Personnel in Trinidad and Tobago, we have set ourselves a target in the few regions as we do not yet have the full quota. Thanks to all Staff Representative as we are exceeding our targets on a daily basis.*

**St Joseph Enhanced Health Center recruitment visit.**

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