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National Breastfeeding Week 2015 to Focus on Breastfeeding and the Workplace

This year's celebration of National Breastfeeding Week will be observed under the theme, "Breastfeeding and Work - Let's Make it Work" which is aiming to galvanize support from all sectors to enable women to work and breastfeed.

The weeklong activities will commence on Sunday, September 20 with a church service at the Mineral Heights Church of Christ in May Pen followed by the national launch on Monday, September 21 on the grounds of the Mandeville Seventh-day Adventist Church at 8:30 a.m.. The launch will kick start with a march through the town of Mandeville followed by the opening ceremony, displays and demonstrations and a concert.

The celebration will run until September 26 and

will also include a Symposium and Forum galvanizing support from employers and employees at the Medallion Hall Hotel in Kingston on Wednesday, September 23. Other activities include workplace breastfeeding sensitization sessions in the parishes of Clarendon and St. Elizabeth.

Among the objectives of the celebration are galvanizing the support of all sectors to facilitate women to work and breastfeed, promoting actions by employers to become baby and mother friendly and facilitating and showcasing supportive practices that allow women working in the informal sector to breastfeed.

Other objectives include raising awareness of the need to strengthen national legislation and implementation and engaging groups

such as trade unions, women's groups and youth groups to protect the breastfeeding rights of women in the workplace.

Breastfeeding and Work



Let's make it work!

In the News: Southern Regional Health Authority

Manchester Health Department Gets Medical Supplies From Good Samaritan

Despite a challenging economic climate, many organizations and individuals continue to demonstrate that the spirit of benevolence is alive and well in Jamaica and even continues to grow.

On Friday, August 28, the Manchester Health Department was the beneficiary of medical supplies courtesy of good Samaritan, Oswald Dixon.

Mr. Dixon, a Jamaican residing overseas donated items valued at almost J\$300,000.00 including five wheelchairs, boxes of gloves, diapers, gauze and hand soap to be used at the Christiana and Devon Health Centres.

The businessman who is from the community of Christiana noted that he believes when one gives back to the community particularly in the area of health, the society will produce better individuals.

Parish Manager for the Manchester Health Department, Earl McLaughlin who accepted the items on behalf of the Health Department expressed

appreciation for the items which he noted will be making a difference in the delivery of health care in the parish.

“Mr. Dixon, today we thank you for the difference you are making and for the valuable partnership as the Government cannot do it alone” Mr. McLaughlin added.

The items were handed over at the Hibernia Early Childhood Institution graduation ceremony where students were also awarded back to school items and scholarships courtesy of the Rachael Dixon Fund, named in honour of Mr. Dixon’s mother.



Parish Manager for the Manchester Health Department, Earl McLaughlin (right) and Public Health Nurse at the Christiana Health Centre, Llelia Miller-Beecher are grateful for the medical items received from businessman, Oswald Dixon (centre).



In the News: Southern Regional Health Authority

Ministry Implementing Pharmacy Management Information System

As part of efforts to address the issues of shortage of pharmaceuticals at some public health facilities, Minister of Health, Dr. Fenton Ferguson says the Ministry has started the implementation of a pharmacy management information system which will help to track items, their availability, and expiration date as well as order levels.

He says this will increase the efficiency of the management of drugs throughout the public health sector.

“This system will afford us a national picture and allow for the movement

of drugs from one facility to another as required or the movement of drugs to places where utilisation is greater thereby reducing wastage and spoilage,” Dr. Ferguson said.

He pointed out that the Ministry of Health will be spending a total of \$8 billion to procure pharmaceuticals, sundries and reagents for the public health sector.

Contracts were signed last week with 47 suppliers to increase the supply of pharmaceuticals and sundries by \$3.8 billion to the

public health sector. In addition three contracts valuing a total of US\$1,487,580.18 to suppliers for the University Hospital of the West Indies were signed in July.

Credit:
Public Relations and Communication Unit,
Ministry of Health

“This is an initial procurement as we expect to spend close to \$6 billion on pharmaceuticals and sundries and \$2 billion on reagents in this financial year alone,” Dr. Ferguson said.



Facilities on the Move

Percy Junor Hospital Continues 70th Anniversary Celebrations

As part of its ongoing celebration's to mark 70 years of existence, the Percy Junor Hospital recently published a Newspaper Supplement which included congratulatory messages from the Governor General, Prime Minister, Leader of the Opposition, Minister of Health and SRHA Regional Director. The supplement also highlighted achievements of the hospital. See highlights below.



Good job on rendering quality health care

CONGRATULATIONS TO the management, staff, beneficiary communities, and well-wishers as you mark the 70th anniversary of the Percy Junor Hospital (PJH).

The PJH is testimony to what can be achieved when caring people contribute resources and skills to resolve identified community needs. Justice of the Peace, Mr Percival Junor, recognised the need of the people of Manchester and its environs for easier access to quality health care. He chose to play his part in addressing that need and his philanthropic action resulted in his delivery of the new hospital in Spaldings to the Government in 1945.

Since then, contributions in kind, talent, or cash have been a major feature in the hospital's development and expansion. Other philanthropists, Friends of the Percy Junor Hospital and overseas partners have provided much-needed support in times of natural disaster. Their support also assisted the hospital to expand its facilities and improve its health-care services to cope with the increasing catchment

communities in Manchester, Trelawny, St Ann, and Clarendon. This hospital's history is, therefore, a fitting example of partnership for development, whose replication across the island will advance the well-being of our people.



SIR PATRICK ALLEN

I commend the programmes which the PJH has undertaken to enhance health-care services, including the training which has enabled their excellent staff to perform laparoscopic surgery, a great achievement for a hospital classified as Type C. I also commend the hospital on the public-sector awards it has received and urge all members of staff to build on those achievements. Thanks to all whose services and contributions have allowed the hospital to render quality health care, despite the various challenges faced.

As you look to the future, I hope for the speedy realisation of your vision for the Percy Junor Hospital to be the best customer-friendly institution, providing comprehensive quality care in a clean, healthy, and pleasant environment.

SIR PATRICK ALLEN
Governor General



MESSAGES

Commendable innovation, foresight

I EXTEND heartfelt congratulations to the Percy Junor Hospital on the occasion of your 70th anniversary of providing health services to Jamaicans in the parishes of Manchester, Clarendon, St Ann, and Trelawny. As you commemorate this significant milestone, I commend all those who have been instrumental in this momentous achievement.

I applaud the leadership and staff of the Percy Junor Hospital who have remained committed to the vision of the founding father, Percival Sigmund Junor, whose philanthropy and passion



SIMPSON MILLER

for alleviating the suffering of the sick led to the construction of the hospital. Undoubtedly, it is your shared passion, hard work and dedication to the vision that have led to the numerous accolades bestowed upon the Institution.

The leadership and staff must also be commended for their innovation and foresight in extending the services offered by the hospital beyond physical health care to also include social services designed to improve the lives of those in the communities it serves. I am particularly impressed with the

programme undertaken to improve literacy and qualifications among staff members and their relatives in the form of CXC mathematics and English language classes and the construction of a paved walkway to enhance the safety of pedestrians, especially those with physical disabilities.

As you host your anniversary celebration under the theme 'Celebrating 70 years of Service, Recognising our Past, Charting our Future', I wish you every success in your fundraising efforts and God's continued blessings as you grow from strength to strength.

PORTIA SIMPSON MILLER
Prime Minister

Congrats on a job well done!

I AM pleased to know that the Percy Junor Hospital celebrated its 70th anniversary on June 28, 2015, and I would like to congratulate all hospital staff who contributed towards its development in the past or at present. I am also very pleased knowing that hospital will publish a souvenir supplement on this occasion of special note.

The Percy Junor Hospital, as a Type C hospital, has played a major role in the primary health-care system which provides inpatient and outpatient services in general medicine, surgery, child and

maternity care, basic X-ray and laboratory services.

Hospital patients are not only from the Spaldings, Manchester/Clarendon border area, but also from the parishes of Trelawny and St Ann. Its 121-bed capacity has, and continues to have, an impact on the lives of approximately 250,000 people on a daily basis.



HOLNESS

With regards to achieving the United Nations Millennium Development Goals of reducing child mortality (Goal 4) and improving maternal health (Goal 5) in Jamaica, the Percy Junor Hospital would have

played its role, and this is important to note.

I commend the Percy Junor Hospital for the numerous important awards it has received over the years. I take special note of the Public Sector Award for Best Hospital in 2005-2006. This acknowledgement suggests a high standard then, and its continuance to the present day.

On this auspicious 70th anniversary occasion, I wish the Percy Junor Hospital all the success for its future development.

ANDREW HOLNESS
Leader of the Opposition

MESSAGES

Building a reputation for quality health care

THE PERCY Junor Hospital continues to be known for the exemplary service and quality care that has been provided to clients in the parishes of Manchester, Clarendon, St Ann, St Elizabeth, and even as far as Trelawny. For the last 70 years, you have been able to sustain a high level of customer service that you have been known for while delivering

optimal care. This is evidenced by the recognition that you have received year after year through the Public Sector Award for the Most Creative and Innovative Agency in 2005-2006; the Public Sector Award for the Best

Hospital in 2005-2006; the Public Sector Award for the Most Innovative Agency in 2007-2008, and the Public Sector Award for Honourable Mention for Commendable Customer Service in 2013-2014.

The hospital has garnered a reputation with the communities it serves as being more than just a place for curative care, but also one that provides holistic services to clients and staff. For example, through the construction of a paved walkway, you have ensured safer passage for wheelchair and pedestrian access to the nearby health centre, recognising the importance of these linkages to

overall health. In addition, CXC classes have also been provided to staff and relatives to ensure capacity building and motivation.

The approach of the Percy Junor Hospital management and staff to the provision of health-care services is one that we can emulate at other facilities as we strive to holistically improve the health of Jamaica towards achieving our National Development Goal of a healthy and stable population.

I take this opportunity to congratulate you on 70 years of providing exceptional and quality health-care delivery to Jamaicans, and wish you all the best.

DR FENTON FERGUSON
Minister of Health



FERGUSON

Truly a significant milestone

ANNIVERSARIES REPRESENT a time of reflection, renewal, celebration and an opportunity to chart a course for greater development and accomplishments. Seventy years of existence and notable achievements is truly a significant milestone, and I offer my heartiest congratulations to the hard-working staff of the hospital.

Effective health care is a partnership between health-care providers and customers and I am heartened that the Percy Junor Hospital has been committed to such a partnership in an effort to improve the quality of care offered to customers.

Among the initiatives that the hospital has employed to enhance this partnership is the development and implementation of its Customer Charter. The charter, among other things, aims to improve the quality of service offered by the hospital, in addition to informing customers

of its rights and responsibilities, which will assist in improved decision making. This is commendable.

Your achievements, including the Public Sector Awards for the Most Creative and Innovative Agency, the Best Hospital, the

Most Innovative Agency, and others, is testament to your commitment to making health care customer-focused and effective. Though the challenges are great in this very essential and critical area of service, I implore you as you serve the parishes of

Manchester, Clarendon, St Ann, Trelawny, and by extension, Jamaica, to remain steadfast in providing the best available services to our citizens.

Congratulations once again, and I encourage the team to continue doing a good job. Continue giving 'Service Without Boundaries'.

MICHAEL BENT
Regional Director



BENT

Percy Junor annual blood drive

DONATING BLOOD saves lives, and many ordinary citizens from Spaldings, Manchester, and its environs contributed to the saving of lives on July 1, 2014 when the Percy Junor Hospital had the second staging of its annual blood drive. Forty-seven units of blood were donated, improving on the 38 units collected at the initial staging on May 14, 2014.

It was heartening to see the outpouring of support from the staff of the Percy Junor and the community.

The blood drive was an initiative by the staff who saw many elective surgeries cancelled because of a lack of blood and wanted to help relieve the Islandwide shortage. It would not have been a success without the help of the administration and the laboratory team.

We look forward to a third staging where it is hoped that more than 100 units will be collected.

Dr Stephen Chung
Blood drive coordinator



Dr Carlos Wilson, senior medical officer of the Percy Junor Hospital, leads by example as he donates the first unit of blood in 2014.

Ministry's Corner

New Ministry of Health Website & Social Media Platforms Launched

The Ministry of Health has launched its new and improved website and its social media platforms in a bid to provide information and facilitate feedback from members of the public. The launch took place on Wednesday, September 9, 2015 at the Jamaica Pegasus hotel in Kingston.

The website provides information on all areas of the Ministry of Health including, policies, projects and programmes. Other features include links to various departments and agencies of the Ministry, the Regional Health Authorities, an interactive map which provides locations of health facilities across the island, public education and communication resources as well as printable forms and other documents. The new website, which was designed and developed by the Jamaica Information Service, became accessible to the public on Tuesday, September 8, 2015.

In addition to the website, for about a year, the Ministry has been using social media – facebook, twitter, and Instagram - as part of its strategy to enhance communication with various audiences through the use of new media.

The website can be accessed at **moh.gov.jm**. Persons can also like and follow the Ministry of Health at the following links: www.facebook.com/themohgovjm; <https://twitter.com/themohgovjm>; <https://instagram.com/themohgovjm>.

Wellness Bytes

"Eating Healthier"

Here are some practical tips towards healthier eating:

- Start your day with breakfast.
- Consume three to six meals each day.
- Eat or drink at least five servings of your favourite fruits and vegetables every day.

- Consume at least one small handful of nuts (raw, roasted/ baked) every day.
- Consume seven to nine servings of starchy foods.
- Use more natural seasonings and less powdered or artificial seasonings.
- Consume more items

locally grown food.

- Use less fats and oils.
- Use only iodised salt, whether it be regular or sea salt.
- Consume dairy products every day.
- Remove skin and visible fat from all animal flesh and bake, roast, steam and stew instead of frying.
- Use less sweeteners, including sugar, honey and molasses.

- Drink more water and less juice and sweetened drinks. Flavour your water with lime, teabag or any fruit/vegetable or herb/spice or leaf of choice and drink hot/cold or at desired temperature.

Credit:

Marsha N. Woolery, RD, a registered dietitian/nutritionist



HR And You: “Coping With Back to School Blues”

The back-to-school period stimulates a mix of emotions for children, parents and guardians. The start of the new school year is really a period of transition for children, school and into structured examinations curricula.

New teachers, classmates, bus routes and school buildings can spell excitement, but also the fear of the unknown. This 'emotional soup' is normal and natural in any transition but sometimes, as adults are caught up in their own work and household responsibilities and in back-to-school shopping, they overlook children's nervousness and

anxiety as the new school year kicks off.

Coping with transitions Help children cope and manage the transition by:

1. Talk, talk, talk: Children are resilient and have a remarkable capacity to cope, and parents can build on this resilience by making home a safe place for children to talk about their feelings and concerns about going back to school.

They might be concerned about new teachers, how to get to school, making friends, being bullied, being able to handle the new curriculum and so find solutions.

on. Let them talk with you about their fears, then you can empathise with them and together find solutions.

2. Lower the anxiety: There are several ways to burst the anxiety bubble. For example, if your child will have to travel on the bus for the first time, or travel on a new bus route to high school, parents could have some practice runs before the first day of school.

3. Create structure at home:

Children like structure and routine in their lives. Organize their school supplies, school fees, homework area, study schedules, household rules and, after the freedom of summer holidays, start re-orientating them to the

back-to-school sleep routine a few days before school begins. Start waking them up earlier, serve them a nutritious breakfast and let them read a book as you gently ease them back into the school routine.

4. Get involved: Join the home/school associations and actively participate and advocate for your child and other children.

Meet and get to know all of your child's teachers. This is will be a big boost of support for your child.

Credit:
Wayne Powell, Jamaica Gleaner



Please submit your articles and feedback to:

latoya.laylor@srha.gov.jm

Deadline: September 30, 2015

Staff Highlight

Bon Voyage Nadia Nunes 'Excellence Personified'

Having spent over 14 years with the Ministry of Health, Nadia Nunes has made her contribution to the health sector cementing herself as a tenacious, competitive, frank, caring and innovative professional. Recently the Southern Regional Health Authority/May Pen Hospital staff bid her farewell but no doubt she will continue to give of her best. See snapshots of the farewell reception below:



A Day in the Life of:

Nadia Nunes
"Tenacious, Frank, Innovative"

Nadia Nunes
CEO, May Pen Hospital (former)



How long have you been working with the Ministry of Health/southern region?

I have been working with the MOH/SRHA for over 14 years. I started off as the first Operations Manager for Black River Hospital and was transferred later as Operations Manager to May Pen Hospital.

What has your experience been like?

The experience has turned out to be one of the best decisions I have ever made in my life. I have found that I am in a Ministry where I can truly contribute to the holistic development of humanity. I have found that working in healthcare requires an appreciation of all other career paths and most of all, working at May Pen Hospital means that I never have a day when I do not have an opportunity to think and act creatively – I really love that about my job.

What inspired you to choose your profession?

I do not know that I chose my current profession, I think it chose me. Many years ago my sister was attacked by a robber on her way to work. In her desperate dash to save herself, she ended up in a ditch that plunged several feet from the main road. The fall fractured her patella along with a significant length and depth laceration. Short of a long story she almost lost her leg due to lack of expertise and medical sundries at the local hospital that attended to her. Later after that incident the wife of my University Dean encouraged me to apply for a job with SRHA because she felt that my work ethic was ideal for the position of Operations Manager in a Hospital. It was at that moment that I settled in my mind that I would seek to work in healthcare administration for a while and then move on to study law with a view towards specializing in Health Law.

If you did not choose your present profession, what would you have chosen?

An Attorney-at-Law

Are you guided or driven by any philosophy or mantra?

Challenges are opportunities to discover important life lessons; never conclude that you have cleared a challenge until you have learned the lessons contained therein.

What do you consider to be your biggest achievement to date, personally or professionally?

My biggest personal accomplishment to date is managing to be a good mother to my children while still being an effective manager.

Who or what inspires you to do your best?

The principles set out in the Bible are the foundation of my professional life. You may be amazed that the Bible has principles for every situation that we will ever face in life. So the foundation of my inspiration is God first, then my family, then my work team; they all have very high expectations of me and I cannot disappoint them.

What is the most important life lesson you have learnt?

Failure does not mean that you lack the aptitude to succeed, it just means that you have not yet discovered the right formula for that challenge yet.

Describe yourself in five words.

Tenacious, Competitive, Frank, Caring and Innovative.

If you were to get an unexpected visit from a colleague on a day off or on the weekend, what is the most likely thing you would be doing?

On a Saturday, I would be at church, on a Saturday night I might be doing anything from watching a movie with the family to running a late night "boat" with the extended family, on a Sunday regular domestic chores.

Who is your favourite actor and singer?

I have a number of Reggae Artists that I enjoy listing to: Buju Banton, Chronix, I-Octane to name a few. However if I had to choose an absolute favourite, it would be Beres Hammond.

Do you have any professional advice for fellow colleagues?

Always give of your best professionally. Invest time into developing yourself professionally, not only through formal studies but also through reading diverse literature. Above all value your family and their role in keeping you balanced (and sane); never miss an opportunity to demonstrate that they are more important than all other worldly interests.