



Inside This Issue

Facilities on the Move	2
Staff Highlight	4
Let's Meet: A Great Achiever- Marika Davis-Miller	7
Wellness Bytes	8
HR & You	9

Health Care in Southern Jamaica Boosted by Donation From Diaspora Organization



Staff of the Southern Regional Health Authority (SRHA) are all smiles as they accept donations of medical and hospital supplies and pharmaceuticals valued at \$800,000.00 from the Atlanta Jamaican Association (AJA) on Friday, July 6 in Manchester. Chairman of the SRHA, Wayne Chen (left) expressed gratitude for the donations which he noted will boost the services provided to the public. He added that the Health Authority welcomes the support from the Diaspora group and looks forward to strengthening its relations.

The donated items include blood pressure monitors, silicone-coated foley catheters, adult diapers, ultrasound gel, folding walkers, cervical collars, various surgical and treatment garments, suction catheters and several other items.

The AJA is a non-profit organisation incorporated in 1977 with the mission of providing assistance to Jamaicans and others in Atlanta and Jamaica, as well as promoting understanding among Jamaicans and all peoples in and around Metropolitan Atlanta.

Photographed also are: Regional Director of the SRHA, Michael Bent (2nd left), Acting CEO of the Mandeville Regional Hospital, Marcia Francis (3rd left), Resource Mobilization Officer, SRHA, Barbara Ellington (4th left), Regional Technical Director, SRHA, Dr. Vitillius Holder (right), founding member of the AJA, Dr. Juan Reid (2nd right) and Hospital Project Organiser of the AJA, Dr. Apollone Reid.

Facilities on the Move

Lionel Town Hospital & Health Centre Partner for Successful Blood Drive

The Lionel Town Hospital and Health Centre in collaboration with the STEM Uprising Organization hosted a successful blood drive on the facility's compound on July 11. The initiative resulted in the collection of 32 units of blood; however, 54 persons registered for the blood drive.

Please see below highlights.



Facilities on the Move

St. Elizabeth Brings the Energy at Staff Fusion

The St. Elizabeth Health Department hosted its Staff Fusion on Tuesday, July 31 at the Alpart Sports Complex. Staff members competed in several activities including races, football, obstacle challenges, bun eating competitions and other activities. They were reminded of the importance of healthy eating and physical activity in maintaining a healthy lifestyle.

Please see below highlights.



Staff Highlight

Well Done Karielle-SRHA Wishes You All The Best



When Karielle Lisafaye Collins was born, she was not expected to achieve at her full capacity, after being sick at birth; however, she has defied the odds and most recently, attained excellent passes in the Grade Six Achievement Test.

Karielle scored 99 percent in Mathematics and English Language, 98 percent in Social Studies and Science and 11 out of 12 in Communication Tasks, which she notes left her shocked, as her results exceeded her expectations. She heads to the Manchester High School and is also a recipient of the Sagcor Foundation GSAT Scholarship.

Karielle is the daughter of Payroll Supervisor at the SRHA Regional Office, Karen Watson Collins and retired Driver, Duel Collins, who are extremely proud of her success.

Hoping to be a doctor and cosmetologist, Karielle tells the Pulse that she remained focused during the preparation for the examination by not getting distracted easily and having a study timetable which helped her to stay organized.

Mrs. Collins notes that she is extremely proud of Karielle's achievements, adding that "she is feeling blessed and highly favoured."

When asked what support was given during the preparation period, her mom noted that Karielle attended all her classes and her family prayed for and with her, in addition to providing emotional support.

Karielle, who attended the Mount St. Joseph Primary School enjoys outdoor activities and board games.

Staff Highlight

Well Done Nezha– SRHA Wishes You All The Best



With excellent passes in the recent Grade Six Achievement Test, Nezha Reheima Robinson is heading to the Manchester High School, which she is looking forward to. She scored 93 percent in Mathematics, 98 percent in Social Studies, 97 percent in Language Arts, 11 out of 12 in Communication Tasks and attained a perfect score in Science.

A recipient of the Sagicor Foundation GSAT Scholarship, Nezha is very happy about her results and is filled with pride having attained placement at the school of her choice.

Her mother, nutritionist at the Mandeville Regional Hospital, Karen Fyffe Robinson, notes that she is very elated about Nezha's achievements, noting that she achieved what she had set out to do.

Nezha points out that she would re-read her notes ahead of class and would stick to her schedule, "knowing that certain times are reserved for school work as there is always time to do other things."

Though her favourite subjects are Science and Social Studies, Nezha hasn't decided just yet what career she wants to pursue, but she does know that she wants to pursue a career that she will enjoy and one which will allow her to travel the world.

Nezha shares that her favourite hobbies are listening to music, painting, watching videos of historical events and persons and animals.

Mrs. Fyffe notes that it is important to provide support to your children, adding that "Nezha has always had my support in everything she is doing straight from kindergarten. Whenever she's studying and she would say she's tired, I would give her an extra hug and kiss and a little encouragement and she would feel better and continue with whatever she was doing. For GSAT, she asked me for books that the teacher has which were not on the book list and I got them for her."

Nezha attended the Mount St. Joseph Primary School.

Staff Highlight

Nurse Allie Cops Nurse Practitioner of the Year Award

The Nurse Practitioner Programme has been in existence since 1977 and national biannual continuing education seminars were held up to 2004 when the first annual seminar was convened. Out of this venture the Nurse Practitioner of the Year competition was developed as a means of motivating the nurses. The first person to cop the title was Dorothy McDonald of the SRHA in 2007 and later Karen Elliott in 2012. 2018 has seen Pauline Anglin Allie of the St. Elizabeth Health Department receiving the coveted title. The ceremony was held at the Iberostar Hotel & Resorts on Thursday, July 12.

Mrs. Anglin Allie is the Parish Coordinator for the St. Elizabeth Chronic Non-Communicable Diseases and also serves as a Family Nurse Practitioner in the Balaclava and Maggoty Health Districts.

Heartiest congratulations Nurse Anglin Allie, from the Board, management and staff of the Southern Regional Health Authority.



We welcome your input. Please submit your articles and feedback for the August edition to:

Latoya Laylor Brown, Public Relations Officer

Email: latoya.laylor@srha.gov.jm

Deadline: August 31, 2018



Staff Highlight

Nurse Allie Cops Nurse Practitioner of the Year Award

With the Government's pending pension reform, the SRHA Human Resources Department hosted a Retirement Seminar on July 25, at the Golf View Hotel, in an effort to sensitize staff members and to better prepare them for retirement.

Please see below photo highlights.





Marika Davis-Miller

Registered Nurse/Midwife/Nephrology Nurse/Acting
Ward Manager
Mandeville Regional Hospital

“Great Achiever”



Guided by the philosophy, “the will of God will not take you where the Grace of God won't protect you,” Marika Davis-Miller is making her impact on healthcare in Jamaica.

Currently the Acting Ward Manager for the Haemodialysis Unit at the Mandeville Regional Hospital (MRH), Nurse Davis-Miller notes that she has responsibilities associated with managing the delivery of dialysis to patients. With firsthand and daily experiences of the challenges of renal failure, Nurse Miller is imploring individuals to drink adequate water to protect their renal health, adding that she is honoured to be serving in this critical area, as a Nephrology Nurse.

Nurse Davis-Miller shares that she began her duties as a Registered Nurse in the southern region some 11 years ago and that the experience has been a great one. “Working with the southern region has allowed me to benefit from educational opportunities and work experiences and has allowed me to grow on a personal and professional basis. The culture within the southern region creates an environment for cordial yet progressive standards within the organization” she adds.

The Nephrology Nurse considers the completion of the Midwifery course, gaining first place in the Nursing Council Oral and Practical exam, and being awarded the Leadership Award on completion of the Nursing Administration Course, among her greatest accomplishments. She has and continues to do well through inspiration from the Lord and her family who is always supporting and encouraging her.

“Appreciate every moment of life that you are blessed with, live life to the fullest. Enjoy and cherish good experiences and time spent with families and friends. Learn from the bad experiences and always forgive and move on. Live well, laugh often, love much, serve the Lord and always pray” are some of the life lessons learnt that has helped her to be determined, ambitious, professional, charismatic, caring and dynamic.

Among the awards that she has received is the Rudolph Steven Awards Student Welfare and Community Service 2015-2016; Dr. Orville Morgan Award First place in Oral and Practical Exam, April 2015 - 2016; M.R.H. Nursing Service Department Renal Unit Pioneer; First Place in Research Poster Competition 2014; NAJ Award for Committed and Dedicated Service through Advocacy 2012; MRH/SRHA Nursing Service Award for Leadership and Adaptability 2012; Leadership Award in Nursing Administration, 2018; second runner -up NAJ/Lasco Nurse of the Year 2018 and Best All Rounder-NAJ/Lasco Nurse of the Year 2018.

Nurse Davis-Miller is encouraging her colleagues to operate within established standards and protocols and “always be within the right, no matter what happens and behave professional. Read more to be informed of the best practices in relation to health internationally and seek to uplift the standards of the institution” she says.

Wellness Bytes

Credit:
Ministry of Health



Health & Wellness



Ministry Of Health

Take Care Of YOU

- ✓ Take your medicine as prescribed
- ✓ Exercise regularly
- ✓ Eat healthy
- ✓ Think Right



**Live RIGHT
Live LONG!**



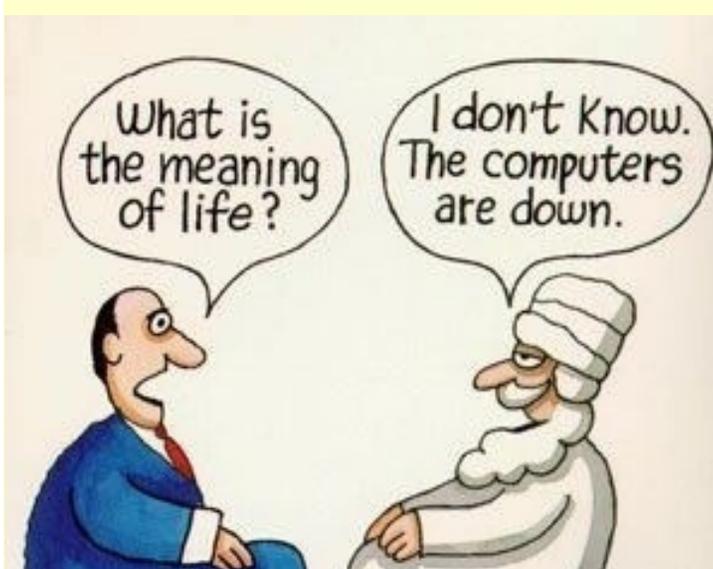
Ministry Of Health

BIG MAN ting!

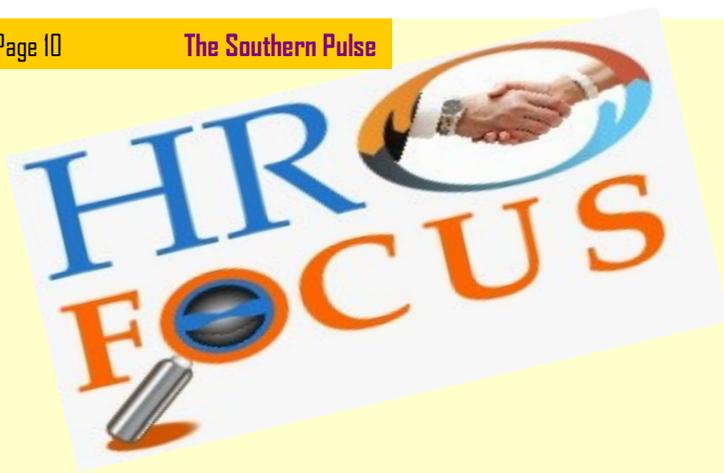
- ✓ Take your medicine as prescribed
- ✓ Exercise regularly
- ✓ Eat healthy
- ✓ Think Right



**Live RIGHT
Live LONG!**



On the Lighter Side



HR And You:

“BACK TO SCHOOL TIPS”

Back-to-school activities can be extremely hectic. As the new school year approaches, there are several tasks and challenges, please see below health tips.

1. Ensure that a complete medical examination is done.

Before your child starts the new school year, make sure that a complete medical examination is done to determine the child's health status.

2. Ensure that your child is fully immunized.

Making sure that children of all ages are fully vaccinated is one of the most important things parents can do to ensure their children's long-term health, as well as the health of friends, classmates and others in the community.

3. Plan healthy breakfasts and lunches.

As you prepare to send your children back to school, remember that nutrition is an important factor in academic performance. Studies have shown that children who eat healthy, balanced breakfasts and lunches are more alert throughout the school day and earn higher grades than those who have an unhealthy diet.

4. Food Safety

Parents are reminded to adhere to food safety practices when preparing any type of food. These include:

- Washing of hands with warm water and soap for at least twenty seconds before preparing food.
- Cooking of foods that require cooking to an appropriate temperature to prevent loss of nutrients.
- Refrigerating foods that need refrigeration at the

required temperature before preparation

- Preparing food on a clean surface to prevent food-borne illnesses
- Checking of canned food labels to determine if they are safe for your children to eat

5. Give your child plenty of water to drink.

Remember, water is the best drink for kids and even adults. Soda, sweet teas, fruit drinks and sports drinks contain too much sugar, and have been linked to overweight and obesity.

6. Ensure that your child eats the right food.

This requires eating from the five Caribbean food groups which includes proteins and fats, carbohydrate, vitamins, minerals, legumes and beans in moderate proportions, which helps your child to function effectively in school.

7. Promote exercise as part of your child's daily routine.

Exercise enhances the brain's metabolism, and reduces obesity, which can lead to heart disease. Studies have shown that children, who exercise a lot, have better memory retention, which helps in their overall performance in school.

8. Helping to prevent harmful diseases.

Children should be taught to wash their hands for at least 30 seconds before and after using the bathroom, to prevent communicable diseases.

Children should also be taught to wash their hands for at least 30 seconds before handling any type of food to prevent against bacteria, germs and other parasites.

Credit: Jamaica Information Service