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### US \$1 Million Upgrade for Chapelton Hospital in Clarendon

The Chapelton Community Hospital in Clarendon will be renovated at a cost of US \$1 million. Ground was broken for renovation works on Thursday, October 18.

The renovation is being made possible by businesswoman and head of the charity organization, Push Start Foundation, Clarendon-born, Ms. Beverly Nichols.

The scope of work will include: new ceiling, walls, flooring; construction of four additional doctors' offices and a second ward to accommodate 15 beds, bringing the total number of bed spaces to 30. The hospital will also be upgraded to include a new minor operating theatre, expanded waiting area, improved bathroom facilities for men, women, patients and staff, expanded records area, new laboratory to improve diagnostic services, improved parking area and water storage facility and new electrical and plumbing works.

"I am setting up an endowment fund to help in the long term sustainability of this (Chapelton Hospital) institution. "Healthcare is not a luxury, it is a basic necessity for all humans" Ms. Nichols said.

The businesswoman added that she decided to focus on Chapelton Hospital so that it will better facilitate the underserved members of the communities, which includes: Chapelton, Rock River, Mullett Hall, Summerfield, Crawl River, Pennants, Frankfield, Crooked River and other communities.

Minister of Health, Dr. Christopher Tufton in expressing sincere gratitude to Ms. Nichols for her selfless donation, pointed out that it was important for the rebuilding of trust between the people and the communities and elected representatives in order to improve the relationships of partnerships.

"Ms. Nichols had to have had a minimal at least, level of trust in the system to work that her US \$1 million with an appropriate infrastructure, with the support of the American Friends of Jamaica, AFJ, (project managers), who are here to offer greater levels of accountability and transparency, which we welcome; if that trust and if that hope and commitment wasn't there then clearly this would be a non-starter. There are many other causes you (Ms. Nichols) could have supported, that's just the reality."

The Health Minister pointed out that he believes that the only way to address the scourge of ill-health in Jamaica is if the importance of partnership is recognized and each stakeholder is true to their part of the commitment. "I believe this is a formula for success going forward in the future and that is why the Diaspora is so important. The politician is still very important and we must do what is necessary to ensure that that credibility is not only maintained but enhanced."

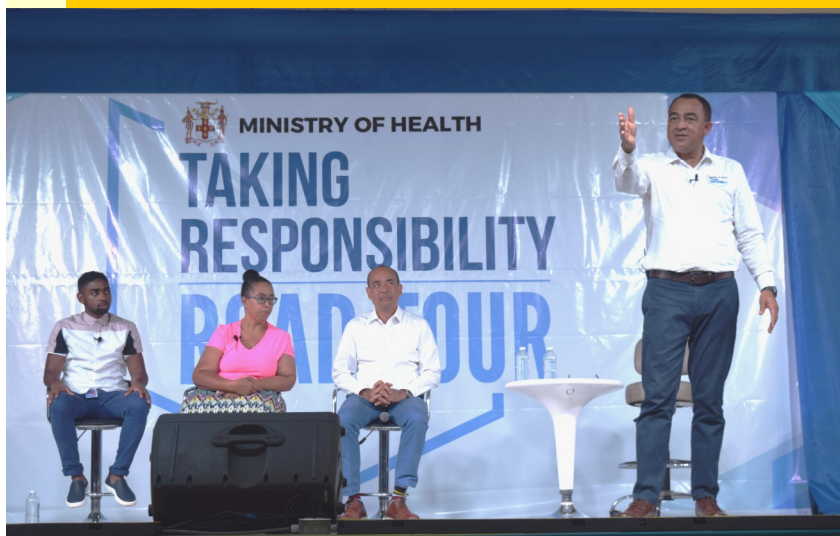


Minister of Health, Dr. Christopher Tufton (2<sup>nd</sup> left), donor Beverly Nichols (3<sup>rd</sup> left), Member of Parliament for North Central Clarendon, Hon. Parnell Charles (2<sup>nd</sup> right), SRHA Board Chairman, Wayne Chen (right) break ground for the renovation of the Chapelton Community Hospital at a cost of US \$1million. Photographed also are: Mayor of May Pen, Cllr. Winston Maragh (left) and in the background, Regional Director (right-background), Michael Bent and Vice Chairman of the SRHA Board, Michael Stern.



## In The News: Southern Regional Health Authority

### Jamaicans Urged to Take Responsibility of Their Health



Health Minister, Dr. the Hon. Christopher Tufton, is calling on Jamaicans to take responsibility for their health by making the necessary lifestyle changes in order to avoid non-communicable diseases (NCD) such as high blood pressure, diabetes and heart diseases.

“There is no prevention without taking responsibility; I have seen pain, suffering, people lose loved ones, cases that could have been avoided or prevented if certain basic steps were taken in the early stages,” he said.

He was speaking at the first in a series of road shows being staged by the Ministry under the theme: ‘Taking Responsibility’ at the Manchester High School Auditorium, Mandeville on Thursday

(Oct. 25).

Dr. Tufton said that The Jamaica Health and Lifestyle Survey released last year, shows that one in three Jamaicans is hypertensive; one in two is overweight/obese; and one in eight, suffers from diabetes. “More than half of those who are suffering in these circumstances don’t even know it until it is too late,” he lamented.

He outlined a raft of initiatives being undertaken by Government to reduce NCDs, among them the reduction of the sugar content in drinks and beverages served in schools.

Medical doctor at the Kingston Public Hospital, Phillip Coombs, in endorsing the Minister’s call, noted that NCDs “are not something you can catch from someone else. It’s from the way you live – a lifestyle disease – the things you do and the things you eat.”

Dr. Coombs pointed out that NCDs are very common in Jamaica, accounting for 68 per cent of deaths in men in 2016 and 74 per cent in women.

**Story Credit: Jamaica Information Service**





## In The News: Southern Regional Health Authority

### Breastfeeding Training Room Opened For Mothers



Consultant in Obstetrics and Gynaecology at the Mandeville Regional Hospital (MRH), Dr. Donna-Marie Gray-Henry gives breastfeeding tips to new mother Simone McLeod in the breastfeeding training room, which was opened at the MRH on Friday, October 26. All mothers who deliver at the MRH will receive training and support in breastfeeding. The MRH is on a drive to achieve baby-friendly certification, which aims to deliver the global gold standard of patient care through excellent maternal and newborn care.

**Photo Credit: Jamaica Information Service**



New mother, Simone McLeod cuts the ribbon to the breastfeeding training room opened at the Mandeville Regional Hospital (MRH) in Manchester on Friday, October 26. All mothers who deliver at the MRH will receive support and training in the proper breastfeeding techniques. The staff will also complete 20 hours of training through an e-Learning platform, to enhance the support and training to mothers. Photographed also are: (left to right) Consultant in Obstetrics and Gynaecology at the MRH, Dr. Donna-Marie Gray-Henry; Programme Development Officer at the Ministry of Health, Dr. Julia Rowe-Porter; Chairman of the Southern Regional Health Authority (SRHA) Board, Wayne Chen; Ward Manager of the Maternity Ward at the MRH, Sister Cheryl Messam; Regional Director of the SRHA, Michael Bent (partly hidden) and CEO of the MRH, Alwyn Miller.



## In The News: Southern Regional Health Authority

### Support for Children Living With Type1 Diabetes



With an estimated 100,000 children living with diabetes in North America and the Caribbean, 1000 being treated in Jamaica and 50 in the southern region, the Southern Regional Health Authority (SRHA) is moving to strengthen the support for these children and their families.

Photographed are members of the panel who provided information about children

living with Type 1 diabetes at a forum held under the theme 'Children and Diabetes: A Holistic Approach'. The forum was hosted by the Jamaican Association of Professionals in Nutrition and Dietetics/Ministry of Health Dietetic/Nutrition Interns in collaboration with the SRHA on Thursday, October 4 at the Cecil Charlton Hall in Mandeville, Manchester, in order to heighten the awareness of the holistic management of children living with the disease.

The group notes that it will strengthen the present support systems for children living with diabetes in the respective communities, churches, homes and schools; assist with the development of new diabetes support groups; identify and address the gaps in the management of these children and update the registry of children living with the disease.

Parents with children living with Type 1 diabetes can also access support from the Diabetes Association of Jamaica through its Life for a Child programme.



A duo from the Mandeville Primary School perform a song.

A section of the audience.



## In The News: Southern Regional Health Authority

### SRHA Promoting Good Oral Health Among Students for Over 20 Years



Students repeat the theme, “Say Aah, Think Mouth, Think Health” for the Oral Health Month competition held at the Cecil Charlton Hall in Manchester on Monday, October 29. For more than 20 years, the Southern Regional Health Authority has been staging the oral health competition, instilling a culture of good oral health practices, which has been making great strides. The students are evaluated through exciting and anticipated quiz, poster, dub poetry and deejay competitions.

Students from the Devon Primary School in Manchester deliver an informative piece at the Oral Health Month competition at the Cecil Charlton Hall in Manchester on Monday, October 29, under theme, “Say Aah, Think Mouth, Think Health”. The Southern Regional Health Authority has been staging the oral health competitions for more than 20 years, instilling a culture of good oral health practices, which has been making great strides. The students are evaluated through quiz, poster, dub poetry and deejay competitions.





## In The News: Southern Regional Health Authority

### Focus on Young People and Mental Health in a Changing World



Chairman of the SRHA Board, Wayne Chen (centre) in discussion with Regional Director of the SRHA, Michael Bent (right) and SRHA Regional Technical Director, Dr. Vitillius Holder.

Chairman of the Southern Regional Health Authority (SRHA), Wayne Chen, says there are several challenges in dealing with mental health issues.

These include expense, lack of knowledge, stigma attached to mental health, fear of being a burden, lack of trust, fear of being judged, lack of support and a lack of available professionals.

Delivering the keynote address at the National Conference on Mental Health, held at the Golf View Hotel in Mandeville, on Friday, October 12,

Chen noted that a World Health Organization (WHO) report noted that 108,000 or four per cent of Jamaicans were treated for mental health issues in 2015. The report also pointed out that depression is aligned with global trends, where 25.6 per cent of females and 14.8 per cent of males suffer from depression.

Chen suggested that the education curriculum should be adjusted to make it less stressful on students and to ensure that opportunities are placed in the school day for sport and other physical activities.

“Mental health and physical health go hand in hand,” the chairman emphasised. He said the Government and persons must work in partnership to deal with mental health issues, particularly at the community level, as it will have to be part of public health now. He lauded the excellent work of the team of mental health workers in the region.

The conference was held under the theme: 'Young People and Mental Health in a Changing World'.

**Story Credit: The Jamaica Observer**

A section of the audience.



## Facilities on the Move

### St. Elizabeth Focuses on Mental Health and Young People

Mental Health Week 2018 was commemorated under the theme, “Young People and Mental Health in a Changing World”. Several activities were staged in an effort to increase awareness among young people and also strengthen the support systems in managing their mental health issues.

Please see below highlights from the Symposium and Debate which was held at the St. Matthews Anglican Church Hall, Santa Cruz St. Elizabeth.





## Facilities on the Move

### Bridge of Life Boosting Dialysis Services at MRH

Bridge of Life (BOL), a non-profit organization based in the USA has been partnering with the Mandeville Regional Hospital since 2011 through the dialysis clinic expansion, staff training, as well as an annual surgical mission to provide fistula access surgery for dialysis patients.

The mission was spearheaded by Dr. Varunesh Chand, Mrs. Marika Davis-Miller of the MRH, Blossom Laidlaw, Co-ordinator Annual Fistula Surgery Mission, and Sara Hendren, Bridge of Life, Senior Programme Director.

23 patients were trained on Tuesday October 2, in topics including chronic renal failure, catheter sepsis, renal diet and medications. 27 persons including staff from the MRH Renal Unit, in addition to dialysis technicians from private renal units in and around Mandeville and as far as Portmore in St. Catherine were trained. Topics focused on were blood stream infection, catheter sepsis, infection control, arteriovenous fistula, arteriovenous graft dialysis catheter.

After two successful days, certificates were given to the nurses and dialysis technicians from the BOL team.



Dr. Varunesh Chand (left) and Dr. William Jennings perform a right arteriovenous fistula creation operation.



BOL surgeons doing a venous mapping on a client while Dr. Oluyesi Godwins (back) looks on.



Dialysis nurses and technicians take notes in training seminar conducted by the BOL team.



Nurses Allan Saroop and Kay Gardener from BOL conducting training seminar.



## Donor Highlight

### Hue Family Keeps on Giving



Southern Regional Health Authority (SRHA) Resource Mobilization Officer, Barbara Ellington (left) and Parish Manager for the St. Elizabeth Health Services, Sean Brissett (right) share a moment with Wilbert Whyne after he received a motorized wheelchair from Eric and Dr. Hyacinth Hue.

The Hue family also donated over \$500,000.00 of hospital supplies to the SRHA. The supplies include: suction catheters, humidifier chambers, kangaroo pumps, gauze sponges, a wheelchair, thermo vents, oxygen regulators, nasal canulas, syringes with cath tips, traech care kits, traech tube holders, nebulizer tubes, anothon tips applicators, IV sponges assorted syringes, avante gauze, gas bubble humidifier, catheter

trays, hydrophobic suction canisters and diaper rash cream.

The family donated a building and equipment valued at \$45 million to operate as a health centre in Tweedside, Clarendon in 2017. The family has also made several other donations to the SRHA.

The SRHA thanks the Hue family for its continued generosity and wishes the family God's richest blessings.

### When Women Pack



### When Men Pack



The Lighter Side





## Facilities on the Move

### Customer Service Week Celebrated at Mandeville Regional Hospital

National Customer Service Week is celebrated October 1-5. The Customer Service team at the Mandeville Regional Hospital used the opportunity display information to customers and culminated the week with a Customer Appreciation Day on Friday, October 5.

Please see below photo highlights.





## Facilities on the Move

### We Care Social Outreach Development Keeps Giving



We Care Social Outreach Development Limited has been assisting the Black River Hospital since 2017 when they donated a large quantity of clothing and sponsored refreshments for the 2017 Labour Day project.

Since then, the hospital has received an assortment of sundry items, crutches, walkers, walking sticks, rolators and clothing. Director Kevin Josephs who resides in the United Kingdom does most of the collection and shipment of the items, while Director Devon Kinkead deals with the clearance and distribution to the various facilities locally.

The Foundation wishes to express special thanks to Kingsley's Shipping, who has been assisting with the shipping of the goods to Jamaica.

### Office Chairs Donated to Black River Hospital



The accident and emergency department at the Black River Hospital received two office chairs from Beth Med Pharmaceuticals recently. Managing Director of the Company Debbie Rampaul noted that though the company was young, when she was approached by Dr. Anique McLean, she had no choice but to respond favourably.

Dr. Davis thanked Beth Med Pharmaceuticals for their donation.





## Nadine Samuels

**HIV Administrative & Procurement Officer  
SRHA Regional Office**

**“Seeker of Knowledge”**



This month, we have the privilege of getting to know a little more about Administrative and Procurement Officer, Mrs. Nadine Samuels, who functions from the Southern Regional Health Authority (SRHA) regional office.

Though only being with the SRHA for three years, Mrs. Samuels has been providing exceptional service in her capacity. In fact, in 2017, she was awarded the Individual High Value Award and Departmental Worker of the Year Award for the HIV unit, for her notable contribution to the unit's success.

She explains that as an Administrative and Procurement Officer, some of her duties include ensuring that the programme is equipped with the relevant tools and materials for its efficient functioning, facilitating the timely preparation and submission of monthly programme management, financial and procurement reports; facilitating procurement reviews; ensuring timely and accurate information flow; supporting local and international consultants; monitoring technical consultant contracts to ensure that deliverables are met, among other duties.

She relates that working with the SRHA has been rewarding and fulfilling, as “the HIV/STI unit is directly responsible for activities for the HIV response and by extension my role gives me the opportunity to serve humanity and protect the nation from the AIDS epidemic.”

Guided by the philosophy, “live, love, learn and leave a legacy” profound words by Stephen Covey, Nadine enjoys being a mentor and counsellor, providing words of comfort and wisdom for life's journey.

“I love to meditate and spend time in solitude to rejuvenate and get inspirations. I am inspired by the gift and beauty of life. Each day is a gift. I am inspired each day to live it to the fullest in love and appreciation” Nadine shares, adding that the most important life lesson she has learnt is to always be prudent and wise with all the gifts received, including blessings of finances.

Describing herself as creative, organized, fun, beautiful and intelligent, Nadine enjoys reading and making notes in her journal. She believes in creating a balanced life, excelling in work, family and fun.

A newly appointed Justice of the Peace, Nadine tells the Pulse that she has excellent public speaking, leadership and communication and interpersonal skills.

Her desire for Jamaica at this time is for the youths to be employed and engaged in meaningful activities, while being productive, healthy and making meaningful contributions to society.



# Wellness Bytes

## "How Dads can Support Breastfeeding"

Credit:  
UNICEF Jamaica



# Health & Wellness

Breast milk is the best food babies can get during the first six months. However, many babies don't benefit from this best start in life: on average, women in Jamaica breastfeed exclusively for only about 3 weeks.

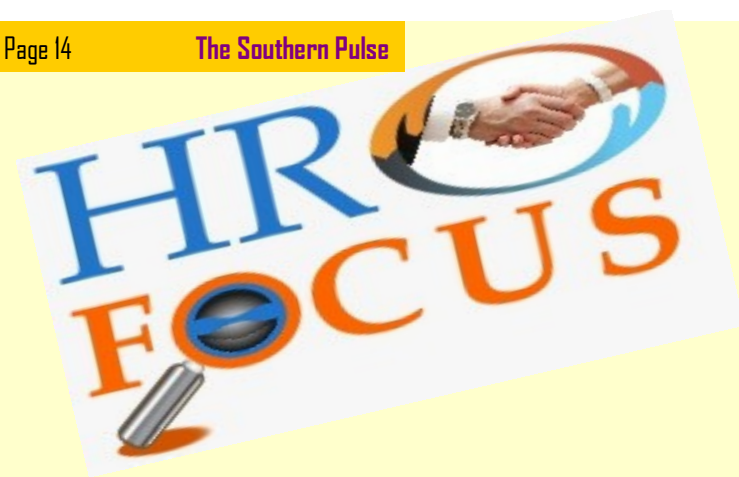
In the first 1,000 days of life, a baby's brain develops the fastest – a process which benefits tremendously from exclusive breastfeeding.

Breastfeeding can be challenging. Breastfeeding moms often need help and encouragement, and dads can play a powerful supporting role! These tips can help:

- Join her during breastfeeding classes or counselling sessions to keep you informed about what breastfeeding entails and how you can help during this period.
- Support her by holding and burping the baby to relieve baby gas and avoid colic after breastfeeding. You can also help bathing and clothing the baby, changing diapers, and putting the baby to sleep to strengthen emotional bonding between you and the baby.
- Offer her a glass of water while she breastfeeds. It's very important for mom to stay hydrated during breastfeeding.
- Help her with house cleaning for her to dedicate more time to breastfeeding and to her recovery.
- Offer your time to take care of the baby for her to spend some time taking care of herself, sleeping, doing some exercise or going out with friends.

- Go for a walk with the baby. The fresh air and the movement will help him/her to calm down when he/ she is restless.
- Make her feel well at all times. Avoid inappropriate comments about her changing body or any situation that may make her feel bad or affect her emotional status.
- Be caring and understanding, but above all recognise her efforts and praise her for having taken the decision to breastfeed, given that it can be tiring and difficult at times.
- Adjust your expectations. During this period, her sexual desire may be affected, but this is normal. Remember that during the postpartum period her body needs time to recover.
- Encourage her to stick with breast milk, whenever possible. Infant formula doesn't have the same qualities as breast milk at help to protect the baby from illnesses.

Under the Baby-Friendly Hospital Initiative, UNICEF Jamaica is encouraging more hospitals to support mothers to breastfeed. Currently, only two hospitals are BFHI-certified. The Ministry of Health aims to certify several more hospitals in the near future.



# HR And You:

## “TRAINING & DEVELOPMENT”

### 5.1 PURPOSE

All employees should be provided the opportunity and support to be trained and developed to enable them to perform efficiently and contribute to the achievement of the mission and goals of the organization.

### 5.2 AUTHORITY

The Authority for the responsibility for the establishment of training policy, the setting of training standards and the administration of scholarships and fellowships rests in the Cabinet Office.

### 5.3 RESPONSIBILITIES

- i) The Permanent Secretary/Head of Department is responsible for determining the training needs of the Ministry and its Departments and for providing for their achievement;
- ii) Each employee within the organization is responsible for his/her personal growth and development for the enhancement of his/her career. The improvement of skills and qualifications to achieve organizational goals and objectives may be met from public funds (ref. Study leave);
- iii) The role of management is to encourage and support the training and development aspirations of employees and to facilitate their personal growth and career advancement.

### 5.4 ORIENTATION

Orientation sessions should be conducted for new employees during their first week of employment and should include the following:-

- a) an overview of the government service; b) an overview of the Ministry/Department; its structure, values, strategic direction, goals and objectives; c) introduction to co-workers and management team; d) a description of benefits and services available to employees; e) general description of job

functions and how they fit into the overall plan for the organization; f) some general statements about expectations; g) information on logistical issues; h) an opportunity for questions.

### 5.5 SELECTION FOR TRAINING

- i) Responsibility for the selection of persons for training for the Public Service is vested in the appropriate Service Commission;
- ii) Responsibility for the selection of officers to undertake local training courses of less than ninety (90) days is delegated to Permanent Secretaries and Heads of Departments;
- iii) The selection of officers to undertake local training courses of ninety (90) days duration and over, should be referred to the Chief Personnel Officer;
- iv) Permanent Secretaries/Heads of Departments who have entered into agreements for the delegation of functions under the Public Service Regulations have the authority to select persons for training where the course content is directly linked to the mandate of the Ministry and/or where eligibility is restricted to only those public officers within the Ministry.



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

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**Deadline: December 7, 2018**