



The Southern Pulse

Inside This Issue

SRHA In the News	2
Facilities on the Move	4
Staff Highlight	9
Let's Meet: 'A Great Cook' Esmine Matthew	10
Wellness Bytes	11

Amazing Gift-Health Minister Lauds Family for Donating Building For Health-Care

Describing the donation of a two-storey building to operate as a health centre as an amazing gift, Minister of Health, Dr. Christopher Tufton has lauded the benevolence of Eric and Dr. Hyacinth Hue. The building, donated by the couple is equipped with medical equipment, electronics and furniture and is valued at more than \$40 million.

Named the Eric & Dr. Hyacinth Hue Health Centre, the building includes eight rooms and five bathrooms and was handed over on Friday, February 23. It will serve the community of Tweed-side and its surrounding areas in Clarendon and provides easier access for residents who had to travel 13 km or more to access health-care.

Minister Tufton in underscoring the gratitude of the Government, noted that: "This is a fabulous building...the average health centre is nowhere as elaborate as this one. This is a family that has committed their lives to making others better off. They have never lost sight based on the narrative on where they're coming from and how their legacy should be determined because indeed our legacy is really our doing. They have chosen a particular path that many others have benefitted from and we are happy that part of their legacy is a contribution to public health."

The Health Minister pointed out that the donation by the Hue family represents the partnerships that the Government and in particular health needs. He noted that: "last year we had just about 200 missions, some local and some from abroad through the Diaspora. These would have been clinics, donations of equipment, cash and kind. Those 200 missions represent somewhere in the region of five percent of the value of public health and last year's budget was about \$63 billion. Five percent of that came through volunteerism and gifts and support."

Minister Tufton added that the Government salutes these important partnerships and support adding that "the reality is we would never have enough to do what is required and indeed the growing and global trend around public health is to seek out and forge partnerships in order to satisfy the increasing challenges of public health."

Eric and Dr. Hyacinth Hue who are now serving as missionaries have been giving back to Jamaica for many years. Dr. Hue noted that the build-



The Eric & Dr. Hyacinth Health Centre sign being unveiled by Minister of Health, Dr. Christopher Tufton (2nd right), SRHA Board Chairman, Wayne Chen (right), Custos of Clarendon, Hon. William Shagoury (5th left), Member of Parliament for North West Clarendon, Richard Azan (4th left), Eric Hue (3rd left), Dr. Hyacinth Hue (2nd left) and Jerez Hue.

ing was built in 2002 to enhance social services for the community, as part of her family's vision is supporting the health and educational needs of the community. The building was being utilized as a school and postal agency and will continue to offer those services at the building.

Services including antenatal, dressing, child health, curative (general) and family planning will be offered at the health centre in the initial stages.



Chairman of the SRHA, Wayne Chen (right) engages Eric & Dr. Hyacinth Hue in conversation following the handing over of a two-storey building to operate as a health centre. In the background is the building.

In The News: Southern Regional Health Authority

Largest One Day Blood Donation Drive in Jamaica-Mandeville Hospital Collects 233 Units

233 units of blood were collected at the 'One Love, One Blood' donation drive, staged by the Mandeville Regional Hospital (MRH) in Manchester on February 7, the largest single day blood donation drive in Jamaica.

Following a successful blood drive in 2016 where the hospital collected 152 units; the hospital boosted its efforts with this year's staging which attracted 335 donors; however, 233 persons were able to donate, exceeding the target of 200 units. The RideWise Safe Biking campaign for motor cyclists was also launched; it encourages safe use of the road and appropriate protective gear.

According to CEO of the MRH, Alwyn Miller, the donation drive was more than an effort to solicit blood and was "largely about behaviour change, encouraging consistent voluntary blood donation to improve supplies and reducing the demand for blood caused by preventable motor vehicle accidents and in particular motor cyclists. It was used as an opportunity to educate donors and the youth as the next generation to bring about a long term change in their perspective relating to these issues."

"The RideWise campaign was launched with the premier of a short film, the "Young and the Reckless" which tells the story of the implications of motor cycle accident victims from a physical, financial and social perspective and the impact and challenges with blood inadequacies, resource requirements and considerations that impact the length of stay and general welfare of hospital in-patients. We hope that the film through its circulation will serve as a motivation for behaviour change" Mr. Miller explained.

Turning to the importance of blood and its impact on public health facilities, Chairman of the Southern Regional Health Authority, Wayne Chen pointed out that "if we were able to cut accident victims by just 30 percent, we would save the public health system almost \$500 million annually and if we were able to have 45 fewer accident victims at the MRH, we would save \$5 million in this hospital alone per year."

Mr. Chen appealed to persons to develop a culture of regular blood donation and a culture that reduces the need for blood in cases where it involves vehicular accidents and victims of violence.

Mr. Miller expressed gratitude to the Manchester community for making the event successful. He commended the Northern Caribbean University for being the largest donor group, with more than 100 persons supporting the blood drive.

Meanwhile, Mr. Miller is encouraging the public to continue its voluntary blood donation, which has been made easier through extended opening hours at the MRH Blood Bank, which opens from Mondays to Thursdays 8:00 a.m. to 7:00 p.m. and on Fridays, 8:00 a.m. to 2:00 p.m. The Blood Bank is closed on weekends and on public holidays.

Bikers from the Jamaica Motor Cyclist Association demonstrating stunt riding. They encouraged motor cyclists to wear the required protective gear.



Sixth form students from the Belair High School in Manchester resting and getting refreshed after donating blood at the 'One Love, One Blood' donation drive.



In The News: Southern Regional Health Authority

Increased Cancer Awareness in St. Elizabeth on World Cancer Day

In an effort to raise awareness about various cancers and its prevention, the SRHA commemorated World Cancer Day 2018 under the theme: "We Can, I Can... Show We Care, Be Aware" through a mass screening outreach and public education forum.

The forum explored areas including: early detection, nutrition on cancer, impact of cancer and mental health, support systems for newly diagnosed cancer and physical activity and cancer. Free screening for prostate, cervical and breast cancer was also done at the Junction Health Centre and Appleton Estate Clinic and at the St. Matthews Anglican Church Hall.

The SRHA expresses gratitude to the National Health Fund for sponsoring 30 mammograms and 50 PSA-Prostate-specific antigen screening for the event. Please see below screening statistics and photo highlights.



Nurse Geva McIntosh conducts a VIA (Visual Inspection with Acetic Acid) method for cervical cancer screening



Nutritionist at the St. Elizabeth Health Department, Tracia Thompson demonstrates how to make a refreshing callaloo and pineapple drink which replaces vital nutrients lost during chemotherapy and radiation.

Screening	Total
VIA-(Visual Inspection with Acetic Acid)- method for cervical cancer screening	72
Pap Smear	58
Digital Rectal Examination	48
Breast Exam	66
Blood Pressure	249
RBG-Random Blood Glucose	249
Height	246
Weight	246
Mammogram	30
PSA-Prostate-specific antigen	26
HIV-Human Immunodeficiency Virus	63
ECG-Electrocardiogram	3
Cholesterol	17
Depression Screening	8
Nutrition sampling	



Participants enjoying a physical activity session during a presentation on physical activity and its impact on cancer.

Facilities on the Move

UWI Students Donate to Lionel Town Hospital

The Lionel Town Hospital received a cheque for \$133,100.00, proceeds from a 5K Walk Run. The event was staged by the Events Management Group, Cohort 2 from the University of the West Indies Open Campus in May Pen, which included the LTH Management Committee Chairman Mrs. Josephine Coleman and the Director of Nursing Services Mrs. Nichola Fowler-Higgins. The donation will be used to renovate the Accident and Emergency Department waiting area.

Please see photos of the official handing over held on Monday February 5.



Facilities on the Move

MRH Hosts Most Successful Blood Drive in History

The Mandeville Regional Hospital collected 233 units of blood at its 'One Love, One Blood' donation drive on February 7, the largest one day blood donation drive in Jamaica. Please see below highlights.



Facilities on the Move

PJH A&E Department Gets More Comfortable Seating

The Rio Minho Association, a charitable organization from the United Kingdom, donated £750.00 to the Percy Junor Hospital to purchase 15 three gang plastic chairs for the accident and emergency department waiting area. The hospital management describes the donation as timely since the hospital has recently improved its accident and emergency department, which will provide comfortable seating for clients.

Please see below highlights.



New chairs for the A&E Department.



The old seating from the A&E Department.

Facilities on the Move

Health Promotion Team Awarded for Outstanding Work in Physical Activity and Health Promoting Schools Initiatives

The Health Promotion and Education Department of the Southern Regional Health Authority was awarded for outstanding work in physical activity and for advancing the Health Youth Positive Energy (HYPE) initiative in schools.

The team was awarded at the National Health



Promotion & Education Planning Retreat on February 1 in Montego Bay.

Please see highlights.



On the
Lighter Side

Staff Highlight

Directors Display Hidden Talents at Karaoke Show

The SRHA Regional Office hosted its Directors and Managers Karaoke Show on Tuesday, February 20. Please see below photographic highlights.





Esmine Levy Matthew

**Patient Care Assistant
Chapelton Community Hospital**

“A Great Cook”



“No matter how many times you fall you should never give up, its not how you fall, but how you rise”; profound words that anchors Esmine Levy Matthew and drives her to do her best.

Working with the Southern Regional Health Authority since 2010, Esmine has been providing exceptional care for patients in the capacity of Patient Care Assistant at the Chapelton Community Hospital in Clarendon. She shares that some of her responsibilities include: dressing of patient wounds, providing assistance to doctors and nurses, supporting patients during hospital transfers and communicating with patients to ensure their best possible care, which has been a great experience so far. “It has taught me to be more aware of my surroundings and to accept persons for who they are”, she adds.

In addition to being qualified at the diploma level in Practical Nursing, this Patient Care Assistant notes that she has a certificate of award for outstanding performance in Psychiatry, certification in Computer Studies and Level Two NCTVET qualification in Allied Health, which has helped her to become a rounded professional and propelled her to provide the best care possible at all times.

Esmine points out that her children inspire her to do her best at all times, adding that doing good is an important lesson that she teaches them daily.

Describing herself as driven, loving, responsible, ambitious and kind, Esmine tell *The Pulse* that her favourite singer is the late Luther Vandross, while she loves the actor Tyler Perry. She regards herself as a great cook and notes that on a weekend or a day off, she will be at home cooking up a fantastic recipe.

Her advice to her colleagues is “we have may challenges, but yet we are blessed, we have jobs that most persons wish they had. It doesn’t matter what you do, do it the best way you know how, at the end of the day we all need each other. If you start at the bottom aim to the top, despite the difficulties you might face, never give up, because with hard work, comes success.”

Esmine’s desire for her country at this time is that Jamaicans embrace the principle of collective work and responsibility, and that crime and violence will stop, so that potential investors and visitors will be attracted to the island, which will help in the building of the economy.

Wellness Bytes:

“What to do in the Event of an Earthquake”

Credit:
Ministry of Health



Before the Earthquake

- Teach all members of your family about earthquake safety. This includes:
 - 1) the actions you should take when an earthquake occurs
 - 2) the safe places in a room such as under a strong desk, along interior walls, and
 - 3) places to avoid such as near windows, large mirrors, hanging objects, heavy furniture and fireplaces.
- Arrange your home for safety: Store heavy objects on lower shelves and store breakable objects in cabinets with latched doors. Don't hang heavy mirrors or pictures above areas or furniture where people frequently sit or sleep.
- Anchor heavy appliances and furniture such as water heaters, refrigerators and bookcases.
- Store flammable liquids away from potential ignition sources such as water heaters, stoves and furnaces.
- Learn where the main turn-offs are for your water, gas and electricity. Know how to turn them off and the location of any needed tools.

During the Earthquake

- If you are indoors, stay there. Quickly move to a safe location in the room such as under a strong desk, a strong table, or along an interior wall. Avoid taking cover near windows, large mirrors, hanging objects, heavy furniture, heavy appliances or fireplaces.
- If you are cooking, turn off the stove and take cover.

- If you are outdoors, move to an open area where falling objects are unlikely to strike you. Move away from buildings, power lines and trees.

After the Earthquake

- Check yourself and those around you for injuries, attend to injuries if needed. Help ensure the safety of people around you.
- Check the building you may be in for damage. If your building appears to be damaged you should leave it and not return until it has been inspected by a safety professional.
- If you smell or hear a gas leak, get everyone outside and open windows and doors. If you can do it safely, turn off the gas at the meter. Report the leak to the fire department. Do not use any electrical appliances because a tiny spark could ignite the gas.

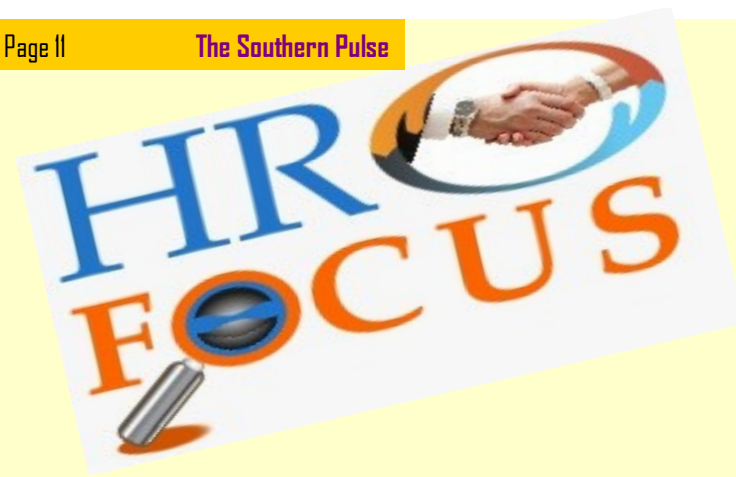


We welcome your input, please submit your articles and feedback for the March edition to:

Latoya Laylor Brown, Public Relations & Advocacy Officer

Email: latoya.laylor@srha.gov.jm

Deadline: April 2, 2018



HR And You:

“EMPLOYEE FILE”

EMPLOYEE FILE

A file shall be created when an employee starts working within the Public Service regardless of the type of employment. Standard documentation to be placed on the file includes:

- a) The letter of application and/or completed application form;
- b) Record of employee's performance in the selection process;
- c) Proof of age, qualification, marital status;
- d) Report of medical examination(s);
- e) Documentation of reference checks;
- f) Letter(s) of appointment
- g) Personal information (next of kin, emergency contact numbers, special needs and/or circumstances, etc);
- h) Leave application and permission letters;
- I) Copies of performance evaluation
- j) Copies of training and development plans;
- k) Copies of certificates, results of training and development activities, citations, awards, etc;
- l) Record of changes in salary, benefits and allowances.
- m) Copies of any disciplinary actions against the employee;

2.2 MAINTENANCE OF RECORDS

- i) All employee records are to be kept in the Human Resource Division of the Ministry or Department under conditions which ensure security and protection from hazards (water, fire, etc).

ii) Any change in the employee's status must be duly noted in a timely manner and added to the employee's file. Supervisors shall ensure that all letters, memoranda, and documents related to an employee are sent to the Human Resource Division for inclusion in the employee's file;

iii) Employees are to be notified of the addition of any and all new information/documents to their files.

iv) Employees shall ensure that their records are kept current by notifying the Human Resource Division, in writing of any changes in circumstances such as academic achievements, change of address, marital status, next of kin, beneficiary, etc;

v) Any addition of information/documentation to the file by an employee must be done through the appropriate authority in the Human Resource Division;

vi) The removal of any information/documentation from the file, by an employee, can only be done through, and with the permission of the appropriate authority in the Human Resource Division;

vii) An employee's file shall not be removed from the Human Resource Division except by authorized officers and with the permission of the Permanent Secretary/ Head of Department.