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The Southern Pulse

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Partnership for Mental Health and Homelessness in Manchester

Recognizing that mental health and homelessness are major challenges affecting the parish of Manchester, the Southern Regional Health Authority (SRHA) and the Manchester Municipal Corporation (MMC) have partnered to improve the care and protection of those affected in the parish.

Scores of individuals from government and non-government agencies, in addition to charity groups and other individuals gathered at the Cecil Charlton Hall in Manchester on October 10, which is observed as World Mental Health Day and World Homelessness Day, to focus on the two issues affecting the parish.

The event focused on 'Mental Health Promotion and Suicide Prevention', the theme for World

Mental Health Day, in an effort to raise awareness about mental health illnesses and ways in which people are affected. The commemoration also encouraged persons to start a national conversation on mental health in Jamaica and suicide, and promote behaviour change to end the stigma against persons living with mental health illnesses.

The Manchester Parish Committee for the Homeless was also launched at the event, in order to improve the care and protection for homeless persons in the parish.

Regional Technical Director for the SRHA, Dr. Vitillius Holder said the SRHA is cognizant that health is not only the absence of disease, but that physical and mental well-being is critical to a person's holistic development. She added that when persons are healthy they are better able to manage the stresses of life.

"The SRHA recognizes that partnership is critical because we cannot do it alone and so I salute the Manchester Municipal Corporation for partnering with us to help those in need" Dr. Holder added.

Meanwhile, Director of Operations and Maintenance for the SRHA, Hershel Ismail noted that the SRHA is committed to empowering persons to recognize the symptoms of suicide and mental health challenges, in an effort to end stigma and help persons with these challenges. She noted that though the suicide rate in Jamaica is not as high as in other parts of the world, suicide prevention is everybody's business. She encouraged persons to join the conversation about mental health and show love to persons who are experiencing these challenges.



Regional Technical Director for the SRHA, Dr. Vitillius Holder (2nd left) and Chairman of the Manchester Parish Committee for the Homeless, Councillor Faith Sampson (3rd right) cut the ribbon to unveil the retractable banner representing the Committee for the Homeless. Sharing in the moment are: Member of Parliament for Central Manchester, Peter Bunting (2nd right), Mayor of Mandeville, Cllr. Donovan Mitchell (left) and Acting Corporate Secretary for the Board of Supervision, Treka Lewis.

Facilities on the Move

Data Driving Dengue Management in St. Elizabeth



Minister of Health and Wellness, Dr. Christopher Tufton (left) and Vector Control Coordinator at the St. Elizabeth Health Department, Michael Myles (right) along with team members from the St. Elizabeth Health Department inspect a drum of water at a property in St. Elizabeth earlier this year.

The vector control workers from the St. Elizabeth Health Services have been using a data approach to manage mosquito breeding and mosquito-borne diseases in the parish of St. Elizabeth.

Chief Public Health Inspector for the parish, Everod Lewis explained that years ago the team gathered information from every community in St. Elizabeth, and developed a database related to environmental health activities.

“What is happening now in the parish regarding vector management is as a result of what we have done over the years. Our database includes information about the high risk areas, the aedes index which is the calcu-

lation that tells the amount of homes with positive aedes breeding and also any challenges that we may have ” Mr. Lewis explained.

With 11 permanent and 100 temporary vector control workers spread across St. Elizabeth, the focus has been on identifying and destroying mosquito breeding sites and educating residents.

“St. Elizabeth is a diverse parish given that the north side is rainy and the south side is dry. Residents store water and this contributes to mosquito breeding and because of this we spend time educating persons about eliminating breeding sites” Mr. Lewis added.

He said that residents are taught creative ways to manage mosquito breeding sites including using drops of oil in drums to prevent the breeding of larvae and using sheer curtains to cover drums.

The Chief Public Health Inspector noted that the team places special emphasis on schools, tyre shops and churches. He added that all levels of staff from the St. Elizabeth Health Services have been trained in vector management.

Mr. Lewis noted that while fogging and larvicidal activities have its place in dealing with mosquito-borne diseases, it is important for residents to take personal responsibility.

“Source reduction is key. We need to reduce the population of these mosquitoes and protect ourselves. I am encouraging residents to work with the vector control workers and eliminate mosquito-breeding sites in order to combat dengue and other mosquito-borne diseases” Mr. Lewis said.

The public is being reminded to rid their surroundings of mosquito breeding sites and to also be on the alert for the symptoms of dengue fever. The symptoms include: sudden onset of fever, headache, pain behind the eyes, muscle pains, bone or joint pain, skin rash, vomiting or the “feeling to vomit”.

Facilities on the Move

Take Personal Responsibility Fighting Mosquitoes and Mosquito-Borne Diseases

Though the vector control unit in Manchester has heightened its vector control management in the parish, Chief Public Health Inspector for the parish, Charmaine Palmer-Cross, is appealing to residents to take personal responsibility in reducing the impact of mosquito breeding and mosquito-borne diseases.

“We need to take personal responsibility for eliminating mosquito breeding sites by properly discarding items that collect water (old drums, used tyres and plastic containers); installing mosquito netting over beds; wearing long-sleeved shirts and pants outdoors; using a DEET repellent; regularly changing water in animal and pet containers and covering all water storage containers with a suitable material including mesh” Mrs. Palmer-Cross urged.

She added that persons should also punch holes in tins before placing them in bins; wash and scrub the inside of water storage containers to properly destroy mosquito eggs; keep areas free from excessive vegetation and properly store garbage. The Chief Public Health Inspector pointed out that tyres and drums are two of the primary breeding sites in Manchester for the *Aedes Aegypti* mosquitoes and urged residents to work with the vector control workers to destroy mosquito breeding sites.

“We are appealing to residents to cooperate with the vector control workers when they enter the community to employ vector control measures. The team has been working diligently, going from premises to premises in order to conduct mosquito search and destroy and educate residents. However, we are faced with the challenges of persons refusing workers access to their premises, even though they are properly identified and also not taking responsibility for mosquito breeding sites on their premises” Mrs. Palmer-Cross said.

She noted that persons who refuse the health team access to their premises to employ vector control activities can be charged a maximum fine of \$1,000,000.00. She explained that the Public Health Act gives Public Health Inspectors the power to enter premises to execute these functions and failure to do so can result in prosecution. Persons who do not take steps to rid their premises of mosquito breeding sites can also be prosecuted and charged a maximum fine of \$500,000.00

Mrs. Palmer-Cross added that more than 100 permanent and temporary vector control workers in Manchester have been working assiduously educating residents; inspecting and destroying mosquito breeding sites; distributing drum covers to householders and conducting increased fogging (adulticidal) activities.



Members from the Manchester vector control unit conduct a search and destroy operation on the grounds of the Mandeville Police Station recently.

Facilities on the Move

Residents Urged to Take Mosquitoes and Mosquito-Borne Diseases Seriously



Minister of Health and Wellness, Dr. Christopher Tufton treats a drum of water to kill mosquito larvae during a tour of the parish of Clarendon earlier in 2019. Photographed also are: Clarendon Resident, Cerrice Davidson (left); Vector Control Officer, Kemar Gladstone (2nd left); and Councillor for the Mocho Division, Romaine Morris.

Photo Credit: Jamaica Information Service

The Clarendon Health Services is urging residents to take mosquitoes and mosquito-borne diseases seriously, as the team boosts its vector management programme.

Chief Public Health Inspector from the Clarendon Health Services, Linnees Green-Baker said despite the efforts made by the team in the parish, there is need for residents to be more serious in safeguarding their health.

“It is now more important than ever for residents to safeguard their health and take more seriously mosquitoes and mosquito-borne diseases. We have been

educating residents, inspecting homes and collaborating with government agencies to boost our vector management programme. We have also been fogging communities, but it is critical that residents take the Ministry of Health’s efforts more seriously and work with us in protecting their health and that of their family and friends.” the Chief Public Health Inspector said.

Mrs. Green-Baker added that the vector control team has also intensified inspection of premises and sensitizing householders on proper water-storage practices and eliminating mosquito breeding sites. She added that the team also treat breeding sites and serve notices on persons who are not complying with the vector control team.

Mrs. Green-Baker is encouraging the public to rid their surroundings of mosquito breeding sites and to also be on the alert for the symptoms of dengue fever.

The symptoms include: sudden onset of fever, headache, pain behind the eyes, muscle pains, bone or joint pain, skin rash, vomiting or the “feeling to vomit”.

Facilities on the Move

Mental Health Week Focuses on Suicide Prevention

Mental Health Week was commemorated during the week, Sunday, October 6 to Saturday, October 12, under the theme, "Suicide Prevention". Several activities were held to raise awareness about suicide in Jamaica and around the world, in addition to the role that each person can play to help prevent it.

Activities included: a church service at the Zorn Moravian Church, Christiana in Manchester, a symposium at the May Pen Evangelistic Centre, Church Street in Clarendon, symposium at the St. Matthews Anglican Church, Santa Cruz, St. Elizabeth, a public forum at the Cecil Charlton Hall, Mandeville, Manchester and the commemoration of World Mental Health and World Homeless Day at the Cecil Charlton Hall, Mandeville, Manchester.

Please see below highlights from the World Mental Health and World Homeless Day.



Staff Highlight

Porus Health Centre Voted Best Kept Dental Clinic



The Porus Health Centre in Manchester has been voted the 'Best Kept Dental Clinic' in Manchester.

The health centre received the award on October 31, as part of the SRHA's Dental Staff In-service Education Training.

Dental Surgeon at the Manchester Health Services, Dr. Paulette Russell Gentles (left) presents the trophy to (left to right) Dental Assistant, Claudia Shaw Bell, Dental Hygienist Natalee Afflick and Dental Nurse Faith McDonald Bicknell from the Porus Health Centre.



The Lighter Side



Staff Highlight

Male Nurse? Why Not?



Mental Health Nurse Practitioner from Clarendon, Kevin Allen represented the Southern Regional Health Authority in the St. Kitts and Nevis recently, as a speaker at the first Male Nurse Conference.

The conference was staged under the theme “Male Nurse - Why Not?”

Nurse Allen said the academic environment provides every opportunity for men to be nurses.

“All the walls are broken down and the doors are open. Why are you not a nurse. Teachers, Police Officers, Doctors are not defined by their gender. So are you a nurse or a male nurse. I am a nurse. You too can be a nurse” he said.

He expressed thanks to the RENTAL group for the opportunity to speak at the conference.



Staff Highlight

Public Health Inspectors Shine

The Southern Regional Health Authority congratulates the Public Health Inspectors on their awards and recognition at the Jamaica Association of Public Health Inspectors (JAPHI) Annual Conference, October 22-24 at the Grand Palladium Hotel in Hanover.

Continue to safeguard and promote the advancement of science and practice of environmental health in Jamaica.

Please see below photo highlights.



Michael Myles, Chairman of the JAPHI, Southern Chapter has been elected 1st Vice President –JAPHI (2019-2021).

He is the Parish Programme Specialist (Vector Control) for St. Elizabeth.



Food Safety Officer from St. Elizabeth, Orvelee Douglas will serve as Honorary Secretary-JAPHI (2019-2021).



Zone Supervisor for the Spalding Health District, Gabrielle Jackson, from Clarendon received a special award for the initiative to work with Chinese nationals and their Jamaican workers to improve food safety compliance.



Carlton Clayton from Clarendon received the Parish Award for JAPHI Food Safety Officer of the Year.



Olufunke Adetola

**Public Health Nurse
Chapelton Community Hospital**

“The Bold and Beautiful Olufunke Adetola”



Though Olufunke Adetola is a Nigerian by birth; she is a Jamaican by naturalization and by love.

Adored by many, regarded and treated as a daughter, Olufunke Adetola has been enjoying the different culture, particularly with the Clarendon Health Services as a Public Health Nurse. She has been giving remarkable service for some 14 years, always giving her best to her clients.

As a Public Health Nurse, she explains that her duties include: conducting child health, post-natal, antenatal, family planning and curative clinics, conducting immunization outreach programmes; community mobilization, school health services, and health fairs, in addition to supervising health workers and other responsibilities.

Inspired to do her best by the fear of God, Nurse Adetola describes herself as a giver, God fearing and lovely. She tells the Southern Pulse that the most important life lesson she has learnt is “always do your best at all times, the reward is always ahead waiting for you.”

Parish Manager for Clarendon Health Services, Joseph Grant describes Nurse Olufunke as one of the most committed, God-fearing Christian he has ever met.

“She is a very honest person. I don't know anyone that can hate her because of her loving personality. Even if she speaks her mind, she will do it in love. She loves her work, she loves children and she is a very generous person. Her name Olufunke means caring and she embodies the meaning” Mr. Grant says.

Awarded the UWI, Faculty of Medical Sciences, Sir Kenneth Standard Award for Excellence in Community Service (Public Health Nurse) 2017, Nurse Adetola has been married for almost 40 years and has been blessed with four wonderful children.

She was qualified as a midwife in 1979, a Registered Nurse Midwife in 1981, a Public Health Nurse in 1985 and a Community Health Practitioner in 1992.

Described by others as well disciplined, lovely, considerate and bold, Nurse Adetola desires healing for Jamaica. “I pray that God will heal His nation Jamaica and send deliverance. I pray for total restoration of lost glories of the nation. I pray for peace across the nation in Jesus name” she adds.

Nurse Adetola has been blessed with many gifts including cooking and hairdressing. She notes that she enjoys listening to gospel music and sermons from ministers of God, particularly Chevelle Franklin. She also enjoys watching the young actress Emanuella.

Wellness Bytes

"Hand, Foot and Mouth Disease"

Credit:
Ministry of Health
and Wellness



Hand, foot, and mouth disease, or HFMD, is a contagious illness caused by different viruses. Infants and children under 5 years old are more likely to catch it. But, older children and adults can also get it.

What are the common symptoms of HFMD?

- Fever, loss of appetite
- sore throat, a feeling of being unwell
- 1-2 days after the fever starts
- painful sores in the mouth
- a skin rash may also develop on the palms of the hands and soles of the feet. Sometimes rash also appears on the knees, elbows, and buttocks. The rash may blister, but won't itch.
- Young children tend to drool and avoid swallowing and may refuse to drink or eat because of the discomfort.

Not everyone will get all of these symptoms. Some people may show no symptoms at all, but they can still pass the virus to others.

How is HFMD Spread?

The viruses that cause HFMD spread very easily. The viruses are found in an infected person's saliva, mucus (cold), feces (do-do); and in the fluid of their blisters.

You or your child may catch it by:

- close contact, such as kissing, hugging, or sharing cups and eating utensils with people who have HFMD
- being near someone with it who sneezes or coughs
- touching unwashed hands
- touching surfaces handled by infected persons who didn't wash their hands after sneezing or coughing in them, or

using the bathroom. contact with feces (do-do) for example when changing a diaper contact with blister fluids

How to prevent HFMD and keep your children safe?

Wash hands often with soap and water:

- after using the toilet
- after changing a diaper
- before eating
- before preparing meals
- after handling a sick person

Avoid:

- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups and eating utensils with people who have HFMD.

Clean toys surfaces often

Clean with soap and water and then disinfect with bleach solution.

Keep sick children out of school or day care

Sick children should be kept out of school or child care for a few days to avoid spreading the germ.

Treatment for HFMD

There is no specific treatment for hand, foot, and mouth disease. Managing the fever and preventing dehydration are the primary goals. However, any high fever in a very young infant must be evaluated by a health-care practitioner. For older infants and children, as long as the child is drinking lots of fluids, they may be comfortably monitored at home.

Disaster Preparedness Tips

"Drought"

Credit:
Office of Disaster Preparedness and Emergency Management



Drought is defined as a long period of weather without rain. There are more precise definitions for specific types of drought. The most commonly used are:

- **Agricultural drought:** a period when soil moisture is inadequate to meet the demands for crops to initiate and sustain plant growth. In areas experiencing drought, plant life is severely damaged.
- **Hydrological drought:** period of below average or normal stream-flow and/or depleted reservoir storage. Hydrological drought occurs out of phase with meteorological and agricultural drought because it takes longer for the deficiencies to show up in lakes and streams.
- **Meteorological drought:** a period of well-below average or normal precipitation (rainfall) that spans from a few months to a few years.

There is also a new phenomenon called:

- **Socio-economic drought:** this occurs where the demand for an economic good exceeds the supply because of a weather-related shortfall in the water supply. An example of this phenomenon is the availability of rice, a Caribbean staple.

Causes of Drought

There are several causes of drought:

- Changing weather patterns manifested through the excessive build up of heat on the earth's surface.
- Meteorological changes that result in a reduction of rainfall.
- Reduced cloud cover that results in greater evaporation rates.
- Inadequate planning.
- Over-grazing and poor cropping methods that result in reduced water-retention capacity of the soil.
- Improper soil conservation techniques that leads to soil degradation.
- Densely populated lands.

Impacts of Drought

The impacts of drought can be economic, environmental or social:

- Lowering of the water table
- Erosion
- Based on its insidious nature drought response tend to be late and uncoordinated that leads to crisis management rather than risk management
- Rapid depletion of soil water

- Loss of biodiversity
- Over-exploitation such as over-grazing and deforestation can lead to desertification
- Disruption to the normal workings of society in terms of quality of life
- Starvation in some countries, especially in Africa

Jamaica's Drought Vulnerability

Jamaica is particularly vulnerable to the drought hazard because of the following reasons:

- As a developing country, Jamaica is particularly vulnerable to drought as we rely heavily on agriculture.
- Jamaica lies within the tropics and so we are dependent on more than one rainy season. A deficiency in any one season can produce a damaging drought.
- The increase in Jamaica's population due to urbanization, has led to a great increased demand for an already limited supply of water.

Limited/poor national water storage systems.

SUBMIT AN ARTICLE

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

Latoya Laylor Brown, Public Relations Officer

Email: latoya.laylor@srha.gov.jm

Deadline: December 6, 2019

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Professionalism is defined as an individual's conduct at work. In spite of the word's root, this quality is not restricted to what we describe as "the professions," which are typically careers that require a lot of education and have high earnings associated with them.

How can you show your professionalism? Follow these dos and don'ts:

Make It a Priority to Be on Time

When you arrive late for work or meetings, it gives your boss and co-workers the impression you don't care about your job and, if it affects them, it's like saying you don't value their time. Pay attention to the clock. Set alarms if you have to. Show up at least a few minutes before you are supposed to start work and return from your breaks on time.

Don't Be a Grump

Leave your bad mood at the door when you come to work. We all have days when we aren't feeling our best. Remember not to take it out on your boss, your co-workers, and especially your customers. If work is the thing that is causing your bad mood, it may be

Dress Appropriately

Whether you have to dress up for work or you can wear more casual clothes, your appearance should always be neat and clean. A wrinkled suit looks no better than a ripped pair of jeans does. Choose the type of clothing your employer requires. If there isn't a dress code, pick attire that is the norm for your place of employment.

Watch Your Mouth

Swearing, cursing, or cussing—whatever you call it—has no place in most workplaces. Unless you know it is okay in yours, refrain from using foul language, particularly if those who you might offend are present. Here's a good rule of thumb to follow: If you wouldn't say it to your grandmother, don't say it at work.

HR And You:

"PROFESSIONALISM"

Offer Assistance to Your Colleagues

A true professional is willing to help his or her co-workers when they are overburdened or facing a challenge at work. He or she isn't afraid to share knowledge, opinions, or simply an extra pair of hands. One person's success reflects well on everyone in his or her workplace.

Don't Gossip

While you may be tempted to tell your cubicle neighbors what you heard about Suzy or Sam down in accounting, gossiping makes you look like a middle school student. If you know something you simply must share, tell someone who has nothing to do with your workplace, like your sister, mother, or best friend.

Try to Stay Positive

Negativity is contagious. If you complain incessantly about your workplace, it will bring others down. Your boss certainly will not appreciate a drop in morale among his or her employees. That does not mean you shouldn't speak up about things you think are wrong. If you see something that should be fixed, give your boss feedback along with a plan for how to make improvements. If you are just complaining for no reason, stop.

Don't Hide From Your Mistakes

As hard as it may be to do, own your mistakes and then do your best to correct them. Make sure you don't make the same one twice. Never blame others for your errors, even if they deserve it. Instead, set an example so that those who share responsibility for the mistake can step forward and admit their part.

Always Fight Fair

You will inevitably have occasional disagreements with your co-workers or even your boss. You may think that something should be done one way while someone else will believe another way is better. Don't let yourself get angry. It doesn't matter how upset you are or how strongly you believe you are right, screaming in the workplace isn't allowed, nor is name calling or door slamming. Calmly explain your opinion and be ready to walk away if you cannot sway the other person or if he or she begins to lose control.

Of course, you should always avoid physical contact.

Credit: www.thebalancecareers.com