

FEBRUARY 2019



The Southern Pulse

Inside This Issue

In the News	2
Staff Highlight	7
Let's Meet: Hardworking Simone	9
Wellness Bytes	8
Disaster Preparedness Tips	11

Scores of Residents Screened and Sensitized During World Cancer Day Commemoration



Nurse Marciana Brown-Foster from the Manchester Health Department performs a pap smear examination at the commemoration of World Cancer Day 2019 under the theme: 'I Am, I Will'.

Scores of residents benefitted from free screening for prostate, cervical, blood pressure, blood sugar, cholesterol and breast examination carried out at the Mandeville Seventh-day Adventist Church and the Downs and Porus health centres in Manchester.

A public-education forum which focused on early detec-

tion, nutrition on cancer, impact of cancer on mental health, support systems for newly diagnosed cancer patients and physical activity and cancer, was also a key focus of the day's activities.



Scores of residents await free screening at the commemoration of World Cancer Day on Thursday, February 21 in Manchester, staged by the Southern Regional Health Authority (SRHA).

The mass screening was done in an effort to raise awareness about cancer and its prevention, under the theme: "I Am, I Will". Residents received free screening for prostate, cervical, blood pressure, blood sugar, cholesterol, breast examinations and other tests at three sites in Manchester, the Mandeville Seventh-day Adventist Church and the Downs and Porus health centres.

In The News: Southern Regional Health Authority

Health Staff Trained in Early Stimulation to Improve Development of Children



15 Community Health Aides (CHA) from the Southern Regional Health Authority (SRHA) have been trained and certified under the “Reach Up” Early Stimulation Programme, which provides support to parents to improve the development of children.

Formulated based on 20 years of research, the programme is being facilitated by the Ministry of Health in collaboration with the Caribbean Institute for Health Research, UWI. The programme util-

izes a curriculum where the CHA’s support parents by providing a stimulating environment for children and facilitate interacting and learning through home visits.

The CHA’s who work in the parishes of St. Elizabeth, Clarendon and Manchester graduated on Friday, February 15 at the Ridgemount Church Hall in Manchester, after two weeks of intense training in several areas including listening, understanding and responding to children’s actions and toy making.

“This programme targets children from birth to three years based on the fact that the first five years in a child’s life is the most critical in determining the outcome of their cognitive and socio-emotional development and by extension how well they develop for the rest of their lives. During the ages of birth to five years the brain is developing very fast and what happens to the child and how they are treated by adults in their lives affects how the brain develops” Public Health Nurse from the Porus Health District in Manchester, Maxine Isaacs explained.

She added that the research revealed that effective early childhood intervention allows children to perform better in schools, are happier, have higher intelligence quotient as an adult, have better mental health and demonstrated less violent behavior.

Keynote speaker and Senior Public Health Nurse at the Manchester Health Department, Carlette Thompson described the programme as having the potential to transform the society in several ways.

“Imagine a society with the relationship between babies and parents is so cemented that all individuals feel more secure. Many of today’s adult problems stem from insecurity developed in the early years of a child’s life. If we cement good relationships between persons from the start we will have more persons who are more secure, better accomplished, able to achieve many milestones and are more confident and capable of learning” Nurse Thompson added.

She urged the graduates to practice what they have learnt and teach others the importance of early positive stimulation in children.

In The News: Southern Regional Health Authority

Health Team Intensifies Dengue Prevention Education



Patrick Forbes, a resident of Cobbla in north east Manchester gets a one-on-one lesson in identifying the mosquito larvae from Public Health Inspector from the Clarendon Health Services, Debbian Grant. Scores of public health inspectors, vector control officers and nurses converged on the town of Spaldings in Clarendon and surrounding districts to educate residents about the symptoms and treatment of dengue fever.

Additionally, the public health team distributed flyers and pamphlets with information on preventing dengue fever and eliminating mosquito-breeding sites. Residents also received bed nets, drum covers and several brochures with information on dengue fever.

Despite the rains, scores of public health inspectors, vector control officers and nurses converged on the town of Spaldings in Clarendon and surrounding districts to educate residents about preventing the spread of dengue fever, identifying and ridding their surroundings of mosquito breeding sites and general precautionary measures in protecting themselves and loved ones during the dengue outbreak.

Residents also received bed nets, drum covers and several brochures with information on dengue fever.

Institutional Health Officer from the Clarendon Health Services (CHS), Avril Crawford (centre) responds to a concern from Spaldings resident, Rema Green (right) while Public Health Inspector from the CHS, Ewart Mitchell looks on.



In The News: Southern Regional Health Authority

'Stop The Silence' - Nurses Lead Mandeville March To Protest Violence Against Women



Spurred into action by the repeated horror stories of violence being perpetrated against women and children, scores of nurses yesterday railed in the Manchester capital, Mandeville, to say enough is enough.

The protesting nurses, along with members of supporting groups, including the Jamaica Fire Brigade, a Rotary Club and the Seventh-day Adventist Church, shouted in unison: "No more violence, stop the silence".

It is a message they hope will reach across the parish and to the wider Jamaica as they vowed to find added courage to treat with the scourge.

It's a daunting task, though, as Manchester has been quietly developing an unenviable reputation as a parish with some of the most dreadful high-profile killings of women and children in Jamaica.

Last August, the parish was the scene of one of Jamaica's most gruesome killings of the year, when the mutilated body of 25-year-old Khyhymn Campbell was found in an igloo inside a parked car along the Winston Jones Highway outside Mandeville.

But still full of hope, the demonstrators had some choice words for those who are set on hurting the nation's women and children. "We are sending the message to them that we are out for them. We are going to get them and we are going to ensure that they are punished. Women, especially, have put up with it for too long and I think enough is enough," said Semoya Miller, a nurse based in central Jamaica.

Miller told The Sunday Gleaner that she is frustrated with women being targeted.

The nurses waved signs emblazoned with messages including, 'Love is not abuse', 'No means no', 'Family members who perpetrate violence must be named' as they took the early-morning trek around the town.

The demonstration was organised by the Nurses' Association of Jamaica as the first of its two 'Orange Day' walks scheduled for this year.

The second walk is planned for March 23 in the Corporate Area.

Story & Photo Credit: The Jamaica Gleaner



In The News: Southern Regional Health Authority

Bishop Dennis Continues Donation to Mandeville Regional Hospital



The management and staff of the Mandeville Regional Hospital (MRH) were thrilled when on Wednesday, February 6, New York-based Jamaican Bishop Dr Merlene Dennis presented the hospital with US\$20,000 (J\$600,000) worth of hospital supplies. The gift included 10 new Invacare Bariatric electrical beds with rails and mattresses, 12 bed sheets, five blood pressure machines, two boxes of gloves, three wheelchairs, and three boxes of catheters.

Upon handing over the equipment, Bishop Dr Dennis was given a lesson in making up one of the beds, something she said she long wanted to do for the patients. She also toured the male medical ward and spoke with some of the patients, giving them words of encouragement along the way.

"Two of my children were born in this hospital, and it has always been my desire to give back to the hospital. It grieves my heart when I see my brothers and sisters in need; and since God has blessed me and laid it on my heart, I must do something about it," Bishop Dennis said. She adopted the ward last year when she donated the first 10 beds and made a pledge to outfit the ward with 30 more. She commended the nurses for the care that they show to the patients and offered to give them more comfortable chairs for their station. The bishop and her team of four spent just over a week in the island, during which they donated items of food, clothing and a television set to needy persons in Trelawny, Kingston and Clarendon.

Story Credit: The Jamaica Star

After making the donation to the MRH on February 6, Bishop Dennis offered to outfit the nurses station with new office chairs. On Wednesday, February 20, she delivered on her promise and donated four new chairs for the nurses station on a



In The News: Southern Regional Health Authority

Lionel Town Hospital Gifted With Large Donation

The Lionel Town Hospital in Clarendon received several items from New York based Dr. Everton Fider, on Tuesday February 25, 2019. The donation included 23 beds, six wheel chairs, 30 over-bed tables, seven mattresses, 40 pillows, 14 quad walkers, five rolling walkers, 34 walking canes, crutches and a recliner.

Please see below highlights.



Staff Highlight

"Refreshed, Inspired, Retired" - Manchester Health Services Honours Retirees

Themed, "Refreshed, Inspired, Retired", the Manchester Health Services (MHS) hosted a retirement appreciation dinner on Thursday, February 28, recognizing 23 retirees who have given exceptional service to public health. Keynote speaker, Dr. Heather Fletcher who serves as the Director of Nursing Services at Northern Caribbean University, challenged the retirees to give back to communities and to continue to serve, while empowering themselves.

A Cancer Care Fund, established to support staff members diagnosed with cancer received a boost of \$80,000.00 from the Manchester Health Services Staff Appreciation Committee. The Fund was established by the second cohort of staff members pursuing the Event Coordinators' course by the Heart Trust/NTA. The function was held at the Moorlands Estate Clubhouse in Mandeville. Please see below highlights.



Staff Highlight

Health Promotion Team Receives Numerous Awards

The Ministry of Health hosted its annual Health Promotion & Education retreat at the Terra Nova Hotel in Kingston on Wednesday, February 27 and Thursday, February 28. The Southern Regional Health Authority team received several special awards for its continued outstanding performance in advancing health promotion and education in the southern region.

Please see below photo highlights:



Most Outstanding Execution for Jamaica Moves in Schools Camp



Long Service Award: Shereen Williamson-Reid, Manchester Health Department



Most Outstanding Parish for Jamaica Moves in Schools (Manchester)



Most Outstanding Parish in Physical Activity (Manchester)



Most Outstanding Execution of Jamaica Moves



Special Recognition Award, Kevo Douglas, Manchester Health Department



Simone Harris-Williams

**Parish Administrative Officer
Clarendon Health Department**

“Hardworking Simone”



Salient, immaculate, motivated, obedient, natural, empowered, are the combination of terms that can be used to not only describe Parish Administrative Officer at the Clarendon Health Department (CHD), Mrs. Simone Harris-Williams, but to also spell her first name.

Regarded as a no-nonsense person by her peers, Simone is a firm believer in hard work. In fact; she is motivated by the profound words of Colin Powel, “a dream doesn’t become a reality through magic; it takes sweat, determination and hard work.”

Mrs. Harris-Williams tells the Southern Pulse that she began working as a Cashier in 2003 but now functions as a Parish Administrative Officer, with responsibilities including: managing the fleet of vehicles in the health department, ensuring the proper maintenance of buildings, equipment and machinery, conducting inventory management of fixed assets and carrying out administrative and other functions.

Simone points out that she loves working with people, especially as a part of a team and is a firm believer in democratic leadership style. She shares that she is inspired to do her best by her son and also her parents, who have helped to mould her into the woman she is today. Simone also credits her inspiration to her supervisor, adding that: “my hat goes to Mr Joseph Grant, who believes in me more than myself. Even when I think I did my best he proves to me that in my best there is much better. He inspires me to be who I am today.”

Alluding to several notable achievements in her career, Simone highlighted a project which rectified a leaking pipe that was underground the health facility. She added that the team worked tirelessly for weeks to re-pipe the facility in order to drastically cut the cost of trucking water. She was also recognized and awarded for her outstanding attendance and productivity at the CHD.

This Parish Administrative Officer points out that the most important lesson she has learnt in life is self-love and to believe and trust God. She believes that, “when you allow God to be in the centre of your everyday work you become a professional at it without even knowing.”

She is encouraging Jamaicans to: “Start being our neighbour's keeper, show each other love and affection.”

Credit: Terrain Wright, Northern Caribbean University student

Wellness Bytes

"Dengue Alert"

Credit:
Ministry of Health



Health & Wellness



Ministry of Health

DENGUE Alert

The Dengue virus is spread to persons by the bite of an infected Aedes mosquito.

Symptoms of Dengue usually include:

- ✓ Sudden onset of fever
- ✓ Headache
- ✓ Joint pains
- ✓ Vomiting
- ✓ Skin rash
- ✓ Muscle pains
- ✓ Pain behind the eye
- ✓ Diarrhoea

If you experience one or more of these symptoms:

- ✓ Use **ONLY** paracetamol pain killers
- ✓ Do **NOT** take ibuprofen, diclofenac or aspirin as it may cause bleeding
- ✓ Drink lots of fluid
- ✓ Rest
- ✓ Visit your doctor or nearest health centre and follow instructions carefully.



Seek **IMMEDIATE** medical attention if you experience any of the following signs:

- Severe belly pain
- Persistent vomiting
- Bleeding from mouth, nose or any unusual bleeding
- Bloody or black, sticky stool
- Feeling faint
- Low energy or restlessness
- Small bleeding spots under skin
- Shortness of breath or difficulty breathing



FOR MORE INFORMATION, CONTACT:

• 1-888- ONE LOVE (1-888-663-5683) or 876-633-7914 • Your Parish Health Department www.moh.gov.jm    @the mohgovjm

Credit:
Jamaica Information
Service

Disaster Preparedness Tips

"Fire"

Fire is a major cause of damage to property and physical infrastructure and loss of life, making safety measures imperative.

Below are some tips that can help to prevent fires and minimise damage to property and save lives in the event of this disaster.

Fire Safety Plan

1. Plan an escape route to use in the event of a fire.
2. Designate an area outside the building as the assembly point for building occupants.
3. Regularly practise your escape plan.
4. Update your escape plan whenever significant changes are made to the layout of the building.
5. Keep all exits accessible.
6. Keep a functioning fire extinguisher on hand.
7. Ensure that everyone knows how to contact fire services.

DISASTER PREPAREDNESS



Plan



Prepare

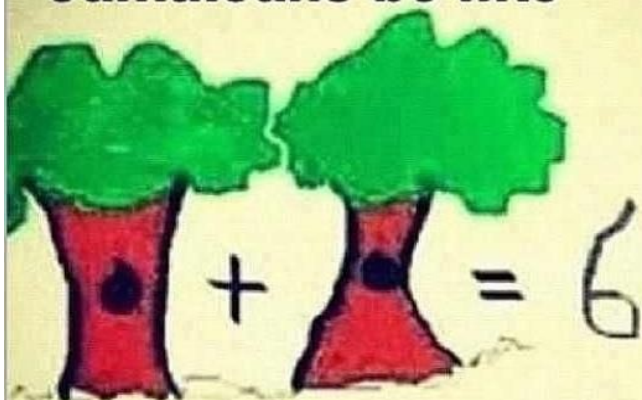


Recover

What to do in case of a fire

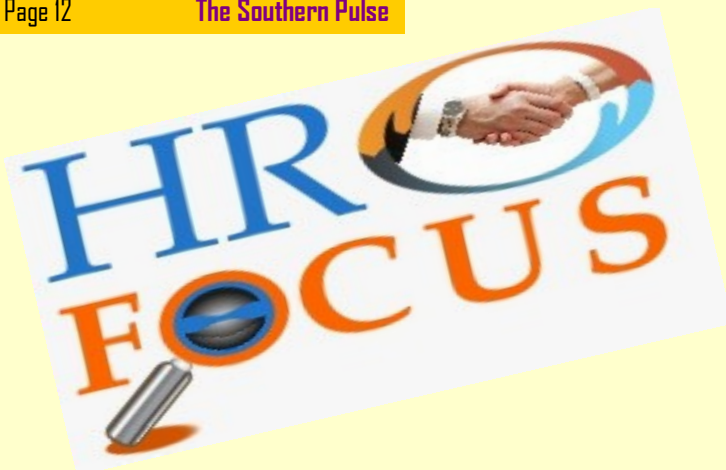
1. Use an extinguisher to put out the fire, if it is safe to do so.
2. Contact the fire department as soon as you are able.
3. If necessary, alert everyone else in the building of the fire.
4. Stay low to avoid inhaling smoke.
5. Do not try to save possessions.
6. Exit the building via your prearranged route.
7. If you become trapped, close and block all doors between yourself and the fire, and call for help from a window or a telephone.
8. Once outside, check that all the building's occupants have made it out. If there are people still inside, tell the fire service workers.
9. Do not go back inside until it is officially declared safe to do so.

Jamaicans be like



The Lighter Side





HR And You:

“EMPLOYEE RECORDS”

2.1 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.

SUBMIT AN ARTICLE

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

Latoya Laylor Brown, Public Relations Officer

Email: latoya.laylor@srha.gov.jm

Deadline: March 29, 2019

Like and follow us:

Facebook: [southernregionalhealthauthority](https://www.facebook.com/southernregionalhealthauthority)

Instagram: [southernregionalhealthJA](https://www.instagram.com/southernregionalhealthJA)

Twitter: [JaRegional](https://twitter.com/JaRegional)