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The Southern Pulse

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Champion for Healthcare- Clarendon Custos Helps Health Team to Battle COVID-19

Custos Rotulorum of Clarendon, Hon. Custos William 'Billy' Shagoury has donated more than \$2 million in donation to the health team in Clarendon, to support the fight against the Coronavirus Disease 2019 (COVID-19).

Custos Shagoury has donated to the Clarendon Health Services and the May Pen Hospital in Clarendon, 85 hazmat suits, 200 gallons of hand sanitizer, 60 gallons of rubbing alcohol, 40 pairs of goggles, three cases of N-95 masks, two custom made storage cabinets, 16 reusable face shields and 72 care packages for staff. In addition, Custos Shagoury has also given the services of his private vehicle to share audio messages relating to social distancing and protection from COVID-19, six days per week.

Custos Shagoury, who has used his personal funds, with the support of a few persons, explained that he has always recognized the importance of healthcare workers and supporting them with needed resources.

"I recognize the fact that the healthcare workers put their lives at risk and that of their families as they work on the frontline, to deal with the coronavirus. I don't think that people truly recognize them for what they do. They have gone above and beyond and for that I am thankful. I try to support the public healthcare system by donating resources to support them" Custos Shagoury added.

Medical Officer of Health for Clarendon, Dr. Kimberly Scarlett Campbell noted that the health team in Clarendon is extremely grateful to Custos Shagoury for his selfless contribution during this COVID-19 pandemic. "We are grateful for his assistance because it has given us more support in protecting ourselves as we perform our daily duty in the parish of Clarendon. Health workers have been given a boost to perform their duties in this COVID-19 pandemic safely and more importantly return to their family safely" Dr. Scarlett-Campbell said.

Regional Director for the Southern Regional Health Authority (SRHA), Michael Bent expressed gratitude to Custos Shagoury, on behalf of the management and staff of the SRHA.

"Custos Shagoury has always been contributing to the development of healthcare in Clarendon over the years and we are sincerely grateful. Not only has Custos Shagoury been playing an important role in boosting our COVID-19 preparedness, but he has been instrumental in assisting with the fight against the Dengue Fever. He has donated fogging machines valued at more than US \$18,000 and is personally responsible for the servicing of these machines. We are thankful for his continued support and wish for him and his family God's continued blessings."



Medical Officer of Health for Clarendon, Dr. Kimberly Scarlett Campbell (left) and Custos William Shagoury prepare to hand over 72 care packages to staff members.

In the News: Southern Regional Health Authority

SRHA Gets 10 Vital Sign Machines Valued at \$1.8 Million to Help Fight COVID-19



Regional Director for the SRHA, Michael Bent (right), CEO of the Mandeville Regional Hospital, Alwyn Miller (left) and Director of Public Procurement at the SRHA, Stacey-Ann Edwards are pictured here with the 10 vital sign machines.

The Southern Regional Health Authority (SRHA) has received 10 mobile vital sign machines, valued at more than \$1.8 million, from BMR Jamaica Wind Limited to support the fight against the Coronavirus Disease 2019 (COVID-19).

The vital sign machines monitor the vital signs of a patient including the blood pressure, pulse and temperature, which allows doctors and nurses to monitor and deliver treatment in a more timely and focused manner.

The SRHA, which administrates public healthcare in the parishes of Clarendon, St. Elizabeth and Manchester, received the donation on Wednesday, April 22.

Regional Director for the SRHA, Michael Bent expressed gratitude to Regional Director of BMR Jamaica Wind Limited Ava Tomlin and her team for their continuous donation to healthcare in southern Jamaica.

“Support from the business sector has been essential in contributing to nation building, particularly in critical areas such as health care and we are always grateful for the support. BMR Jamaica continues to demonstrate exemplary corporate social responsibility. They continue to give back particularly during this difficult period of crisis and for that they must be lauded” Mr. Bent said.

The Regional Director noted that the machines will assist with continuous monitoring of the vital signs of patients by allowing the health team to acquire critical information without the rigours of manual evaluation.

“The machines will certainly boost our productivity, as our doctors and nurses will be able to respond more effectively and efficiently, boosting the service delivery of the hospitals across the southern region” Mr. Bent said.

In the News: Southern Regional Health Authority

SRHA Receives Donation to Boost COVID-19 Response in Central Jamaica



Regional Director of the Southern Regional Health Authority (SRHA), Michael Bent (left) accepts a donation of food and medical supplies, from Yangsen Li from the Chinese business community, in an effort to boost its Coronavirus Disease 2019 (COVID-19) response in southern Jamaica. The donation, valued at more than \$2 million was given to the SRHA and the Jamaica Constabulary Force.

The SRHA, which administers public healthcare in the parishes of Manchester, Clarendon and St. Elizabeth, received the supplies, which include: mask, hand soap, hand sanitizer, tissue, hand towel, water, medical gloves, medical iodine, bleach, cleaning products, alcohol, wipes and food items. The donation was handed over to the SRHA on the grounds of the May Pen Hospital in Clarendon, on April 7, 2020.

Photographed also are: (background-left to right): CEO of the May Pen Hospital (MPH) in Clarendon, St. Andrade Sinclair, Member of Parliament for South East Clarendon, Parnell Charles Jr., Coordinator of the Chinese business community Wentworth Charles, and Sammy Chen of the Chinese business community.

CEO of the May Pen Hospital (MPH) in Clarendon, St. Andrade Sinclair (left) accepts a donation of medical supplies and food from Jackie Hu from the Chinese business community to support the response to the Coronavirus Disease 2019 (COVID-19) in Clarendon, St. Elizabeth and Manchester. The donation, valued at more than \$2 million includes: mask, hand soap, hand sanitizer, tissue, hand towel, water, medical gloves, medical iodine, bleach, cleaning products, alcohol, wipes and food items. They were handed over to the Southern Regional Health Authority and the Jamaica Constabulary Force on the grounds of the MPH in Clarendon, on April 7, 2020.

Sharing in the occasion also are: (background-left to right): Coordinator of the Chinese business community Wentworth Charles, Member of Parliament for South East Clarendon, Parnell Charles Jr. and Regional Director of the Southern Regional Health Authority (SRHA), Michael Bent.



In the News: Southern Regional Health Authority

Despite Downturn in Business, Jamaican Company Gives Back to Quarantined Community

Despite experiencing a 30 per cent downturn in business, Nation's Choice Ltd. located in Clarendon is giving back to the community during the Coronavirus Disease 2019 pandemic. The Southern Regional Health Authority (SRHA) which administrates public healthcare in the parishes of Clarendon, St. Elizabeth and Manchester welcomed food packages which will be distributed to more than 70 households and front-line healthcare workers in the quarantined community of Cornpiece Settlement in Clarendon.



In addition to the food packages, which contain seafood and meat items, canned food and vegetables, Nation's Choice also donated tents, tables and chairs for food distribution in the community, valued at J\$800,000.00.

Participating in the handover on Wednesday, April 8 were (left to right- Parish Manager of the Clarendon Health Services, Joseph Grant, Regional Director of the SRHA, Michael Bent, CEO of Nation's Choice Ltd, Donald McDonald and Medical Officer of Health for Clarendon, Dr. Kimberly Scarlett Campbell.



Regional Director of the Southern Regional Health Authority, Michael Bent (2nd left), Parish Manager of the Clarendon Health Services, Joseph Grant (left), CEO of Nation's Choice Ltd, Donald McDonald (2nd right) and Medical Officer of Health for Clarendon, Dr. Kimberly Scarlett Campbell examine some of the items placed in food packages which will be distributed to more than 70 households and frontline healthcare workers in the quarantined community of Cornpiece Settlement in Clarendon.

The company donated food packages, which contain seafood and meat items, canned food and vegetables and tents, tables and chairs for food distribution in the community, valued at J\$800,000.00. The team from the SRHA met with the Nation's Choice Ltd. team on April 8 in Clarendon.



Doreen Carter-Wellington

**Nurse Anaesthetist
Percy Junor Hospital**

“Patient Advocate– Nurse Carter-Wellington”



Inspired and driven not only by her love for the profession, but by her mentor Edith Gentles, Nurse Anaesthetist, Doreen Carter Wellington has given her service at the Percy Junor Hospital (PJH) for the past 37 years and intends to give of her best for as long as she can.

A patient advocate who is very passionate about patient care, Nurse Carter Wellington strongly believes that the patients who come to PJH should look far better when they leave than when they first came. This goes hand in hand with one of her philosophies ‘Do unto others as you would have them do unto you’.

As a Nurse Anaesthetist, some of her duties include offering patient care, carrying out pre-operation assessments on patients, examining a patient’s fitness for surgery, performing airway management procedures, administering anaesthesia, educating patients on anaesthetic techniques among other responsibilities.

Sharing her work experience throughout the years, Nurse Carter Wellington says: “I enjoy working with the Southern Regional Health Authority as whatever we need or request, we get it on time. When I call about an issue or a need it is sorted. We don’t have to wait long for certain equipment. The availability of what we need is good.”

Nurse Carter Wellington shares that she would describe herself as no nonsense, motivating, hardworking and dedicated, Christian woman, adding that her colleagues and friends can also attest to these characteristics as they describe her to be a strict but kind and honest person. When asked about the most important life lesson she has learnt, she shares that: “Follow your instincts. I’m guided by God and I depend on Him for my daily guidance. If He says do it, I will do it but if he doesn’t I won’t.”

Sharing some of her professional achievements, Nurse Carter Wellington noted that she received awards for Nurse of Year, professionalism, motivational and dedicated service among others. In addition to her successes in her career, she is also involved in the community as she is the sponsor for the Highest Mark in Science Award at her alma mater, Chester All-Age School, which she participates in annually.

When Nurse Carter Wellington is not at work, one can find her in her kitchen cooking or baking, farming or sewing. Her love for cooking and baking has secured her various medals and recognition in baking competitions. She adds that she loves to read and one of her favourite books is the Bible.

Being a patient advocate, she implores her colleagues to be the same. “We need to be more caring towards the patients. We need to make improvements in how we care for our patients and do more in relation to pain relief”, she says. With our government continuing to do all they can to get us through this COVID-19 pandemic, she advises not only her colleagues but citizens alike to protect each other, follow the guidelines set out by the Ministry of Health and Wellness and to stay safe.

Credit: Kelichi Brown, Northern Caribbean University Intern

Wellness Bytes

"Coronavirus"

Credit:
Ministry of Health
and Wellness



What is a coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

What is a novel coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans.

Can humans become infected with a novel coronavirus of animal source?

Detailed investigations found that SARS-CoV was transmitted from civet cats to humans in China in 2002 and MERS-CoV from dromedary camels to humans in Saudi Arabia in 2012. Several known coronaviruses are circulating in animals that have not yet infected humans. As surveillance improves around the world, more coronaviruses are likely to be identified.

What are the symptoms of someone infected with a coronavirus?

It depends on the virus, but common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Can coronaviruses be transmitted from person to person?

Yes, some coronaviruses can be transmitted from person to

person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

Is there a vaccine for a novel coronavirus?

When a disease is new, there is no vaccine until one is developed. It can take a number of years for a new vaccine to be developed.

Is there a treatment for a novel coronavirus?

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

What can I do to protect myself?

Standard recommendations to reduce exposure to and transmission of a range of illnesses include maintaining basic hand and respiratory hygiene, and safe food practices and avoiding close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Are health workers at risk from a novel coronavirus?

Yes, they can be, as health care workers come into contact with patients more often than the general public WHO recommends that health care workers consistently apply appropriate infection prevention and control measures.

Disaster Preparedness Tips

"Corona-Virus Preparedness (COVID-19) Tips"

Credit:
Ministry of Health & Wellness

DISASTER PREPAREDNESS



Plan



Prepare



Recover



Wash your hands with soap and water:

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

PROTECT YOURSELF AND OTHERS FROM GETTING SICK



#ProtectYourselfFromCoronavirus
#StayCoronavirusFree #KeepHealthy



888-ONE-LOVE(663-5683) | www.moh.gov.on.ca

WHAT TO DO

IF YOU THINK YOU HAVE BEEN EXPOSED OR ARE EXPERIENCING SIGNS AND SYMPTOMS



CALL 888 ONE LOVE (663-5683) IMMEDIATELY!

- Stay at home.
(Do not go to work, school or any public place)
- Do not use public transport.
- Avoid visitors to your home.

You may need to do this for up to 14 days to reduce the spread of the infection.

Cure for CoVid-19

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The Lighter Side





The Ministry of Health and Wellness is encouraging Jamaicans who may be experiencing anxiety or stress out of concern over the Coronavirus Disease 2019 (COVID-19) to contact its mental health line at 888 NEW LIFE (888-639-5433).

“Anxiety and stress are normal responses to a public health challenge of this magnitude. Among other things, COVID-19 has required that people self-quarantine or otherwise physically distance themselves from others. This can be stressful for anyone and in some people can lead to feelings of isolation,” said Director of Mental Health and Substance Abuse at the Ministry of Health and Wellness, Dr Kevin Goulbourne.

“We urge Jamaicans to talk about their fears and anxiety. It is amazing how therapeutic it can be to share your feelings and with someone who takes the time to listen. The mental health team at the Ministry is here to listen and to support our Jamaicans through this public health challenge. We therefore welcome those calls,” he added.

It is now more important than ever that Jamaicans take care of their emotional health and there are a number of ways that they can do that from home.

HR And You:

“COPING WITH COVID-19”

- **Stay in touch with friends and family.** Give them a call or reach out to them via social media.
- **Take a break from social media.** While social media is a good way to stay in touch with friends and family, the excessive use of social media has been known to fuel anxiety among some persons.
- **Keep a journal.** It is always a good idea to have an outlet for self-expression. A journal is a good way to do so.
- **Exercise.** Feel free to work up a sweat, increasing, in the process, the body’s ‘feel good’ chemicals known as endorphins.
- **Smile.** A smile, research has shown, can work wonders in helping to reduce blood pressure while improving your mood and reducing stress.

SUBMIT AN ARTICLE

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

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