

JULY 2020



The Southern Pulse

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8 Hospitals Benefit From More Than \$15 Million in Hospital Supplies

Eight hospitals across Jamaica have benefitted from \$15.3 million in hospital supplies from New York based philanthropist Bill Tingling, through his MedGive Corporation.

The hospitals include the Percy Junor and Mandeville Regional hospitals and the Hargreaves Memorial Hospital in Manchester, the Cornwall Regional Hospital in St. James, the Savanna-la-Mar Hospital in Westmoreland, the Noel Holmes Hospital in Hanover and the Kingston Public Hospital and Andrews Memorial Hospital in Kingston.

The supplies, which include: 120 buckets of assorted surgical instruments and 50 boxes of bard foley catheters were officially handed over on Thursday, July 23 on the grounds of the Mandeville Regional Hospital (MRH).



Mervon Russell (2nd right) representing donor New York based philanthropist Bill Tingling, through his MedGive Corporation hands over \$15.3 million in hospital supplies to eight hospitals across Jamaica. Regional Director for the Southern Regional Health Authority, Michael Bent (right) and Senior Medical Officer, Dr. Everton McIntosh (2nd left) and Director of Nursing Services, Saidie Williams Allen from the Mandeville Regional Hospital, accepts the donation on Thursday, July 23.

CEO of the MRH, Alwyn Miller expressed gratitude to Mr. Tingling and his MedGive Corporation for the supplies, which he noted will be instrumental in improving the service delivery at all beneficiary hospitals. "This hospital serves Manchester and the wider region. We have an annual figure of approximately 25, 000 persons passing through our A & E (Accident and Emergency Department), we do approximately 7,000 surgeries each year and we deliver approximately 3, 500 babies and instruments are used in most of these procedures. This is just the figure for one hospital...and we are indeed appreciative of this donation. He is touching the lives of many Jamaicans in a very real and significant way and we appreciate his vision and generosity" Mr. Miller explained.

Chairman of the Southern Regional Health Authority Board, Wayne Chen said even during this COVID-19 pandemic, the generosity of Jamaicans in the Diaspora has been evident and should be lauded.

"I was reflecting on how generous Jamaicans in the Diaspora have been to us. Today we gratefully receive valuable and much needed medical supplies from Mr. Bill Tingling, but it made me reflect on the large and the small donations. I recently saw a figure where remittances to Jamaica are actually up when no doubt our brothers and sisters in the United States and elsewhere are feeling the pandemic pinch, but the fact that remittances can be up speaks to their love and commitment for their homeland. It is a touching thing that we must not take for granted" Mr. Chen said.

Bill Tingling, a native of Westmoreland, is a lawyer, who has been giving back to Jamaica since 1993. His philanthropic efforts span several sectors as throughout his years he helped to build several houses for the poor, a large playing field at the Bethel Town Primary School in Westmoreland and donated thousands of books to schools throughout Jamaica. Through his organization, MedGive, he has donated more than 3000 computers, copy machines and printers to the Jamaican schools and learning institutions and donated several crates of medical supplies, technological and medical instruments, beds and incubators to many hospitals in Jamaica.

In the News: Southern Regional Health Authority

Recruit/Training of Community Health Aides to Improve Care at Community Level & aid With COVID-19 Response



Existing CHA's during a COVID-19 protocol training session recently.

The Southern Regional Health Authority (SRHA), which administers healthcare in Manchester, Clarendon and St. Elizabeth has recruited 174 new Community Health Aides (CHAs) and trained 196 existing ones in COVID-19 protocols, as part of the Authority's effort to provide improved care to the community and boost its COVID-19 response.

CHA's, who play an integral role in healthcare, are frontline healthcare workers, who function as patient advocates, and are seen as the "eyes and ears of the community".

SRHA Regional Nursing Supervisor, Nadine Johnson Griffiths explained that in addition to being

trained to support Jamaica's COVID-19 response, the CHAs are being trained in areas to include: antenatal, postnatal, curative, rheumatic, mental health, environmental health, immunization, identifying symptoms of non-communicable diseases (NCDs) and other areas that will assist with providing care at the community level.

The new CHA's will support the existing staff in communities of Manchester, Clarendon and St. Elizabeth and will play an integral role in identifying the symptoms of COVID-19 and reporting suspected cases of the virus to the authorised health officials.

Nurse Johnson Griffiths explained that: "Their training prepares them to work with families in the community and to be able to identify problems and bring them to the attention of trained personnel. Therefore, they facilitate continuity of care through the provision of feedback and follow up."

The Nursing Supervisor added that the CHA's also assist with: "the dissemination of basic information on health and well being, the provision of support for maternal child health and family planning programmes; disease surveillance, communicable diseases, immunization, nutrition, first aid, chronic non-communicable diseases, mental health, home visits, environmental health, health education and promotion and follow up of discharges from hospital."

SRHA Regional Non-Communicable Diseases Coordinator, Dr. Yasine Hanna makes a presentation about COVID-19 procedures and protocols.



In the News: Southern Regional Health Authority

More Personal Protective Gear for Health Staff

Regional Director for the Southern Regional Health Authority (SRHA), Michael Bent (2nd left) receives a donation of 900 face shields from Co-Founder of Citizens Response Jamaica, Darren Peart on Friday, July 10. Participating in the hand-over were: Director of Public Procurement at the SRHA, Stacey-Ann Edwards (right) and SRHA Regional Non-Communicable Diseases Coordinator, Dr. Yasmine Hanna.

The non-profit organization provided the locally manufactured face shields to health care workers on the front-line as part of their commitment to support the health sector during the COVID-19 pandemic. The group has also committed to supporting the health sector with other Personal Protective Equipment. Mr. Bent thanked the charity organization for their donation, which he noted is greatly appreciated and will support the protection of the front-line workers, who continue to manage the COVID-19 pandemic.



Southern Regional Health Authority (SRHA) Regional Non-Communicable Diseases Coordinator, Dr. Yasmine Hanna (centre) fits one of the 900 face shields that were donated to the front-line workers within the SRHA on Friday, July 10. Looking on are: SRHA Regional Director, Michael Bent (left) and Co-Founder of Citizens Response Jamaica, Darren Peart, whose non-profit organization made the donation.

The group donated the locally manufactured face shields to health care workers and committed to supporting the health sector with other Personal Protective Equipment.

Facilities on the Move

Percy Junor Hospital Re-Launches Customer's Charter to Empower Public



As part of its 75th anniversary celebration, the Percy Junor Hospital (PJH) in North East Manchester has re-launched its Customer's Charter, in an effort to exceed the evolving expectations of customers and to empower the public to have a direct input in the services they receive.

The Customer's Charter, which was first launched in June 2005, outlines the hospital's responsibility to provide quality healthcare to all persons and provide a clean, safe and comfortable environment and well trained staff members.

It also explains the policies and procedures of the hospital,

the availability of services at the hospital, the rights and responsibilities of the hospital, in addition to the rights and responsibilities of the customer. The Charter will be shared with clients who access services at the facility.

Speaking on July 2 at the re-launch ceremony on the grounds of the hospital, CEO, Carlton Nichols said: "In this revised charter, we commit to providing an efficient and courteous service on multiple platforms to all our customers, which are outlined in the Charter. These guidelines will also help us to deliver consistent service across all departments. Most importantly these standards will serve as the benchmark against which the public can measure our service delivery."

The CEO lauded present and past staff members for their hard work and dedication, which has resulted in the hospital being recognized for its quality customer service.

He noted that in 2005, 2006 and 2015, the PJH received the Best Hospital in Jamaica award from the Public Sector Customer Service Competition, national awards for outstanding customer service in 2013 and was also recognized in 2019 by the HEART Trust National Training Agency for having 95 percent of its staff complement being trained in customer service.

Operations Manager at the PJH, Sharon Pitter Hemming (2nd right) presents a copy of the Customer's Charter to Donna Darlington. Participating in the handover is CEO of the hospital, Carlton Nichols (left) and Senior Medical Officer, Dr. Carlos Wilson.



Facilities on the Move

Clarendon Health Workers Gifted for Bravery During COVID-19 by J. Wray & Nephew Staff



The staff members of J. Wray & Nephew Ltd. have donated 426 care packages to the health staff in Clarendon for going beyond the call of duty during the COVID-19 pandemic. The packages were received by the staff members from the Clarendon Health Services, Lionel Town and May Pen Hospitals on Wednesday, July 1. Photographed here are: (left to right) CEO of the Lionel Town Hospital, Nadine Preddie, Parish Manager for the Clarendon Health Services, Joseph Grant, J. Wray & Nephew Ltd. representative, Cheryl Johnson and CEO for the May Pen Hospital, St. Andrade Sinclair. The staff members also donated 500 care packages to the health staff in St. Elizabeth recently.

Parish Manager for the Clarendon Health Services, Joseph Grant (right) accepts a care package from J. Wray & Nephew Ltd. representative, Cheryl Johnson for the health staff in Clarendon who have been working on the front-line during the COVID-19 pandemic. The company donated 426 care packages to staff members on Wednesday, July 1, an initiative of the staff members of the company.

Mr. Grant thanked the staff members for their generous donation and hailed the gesture as phenomenal. He added that the COVID-19 pandemic has affected all Jamaicans and the health workers have been doing their part as they serve humanity with commitment. Ms. Johnson thanked the public health team for going beyond the call of duty during the pandemic. The J. Wray & Nephew staff members also donated 500 packages to the health staff in St. Elizabeth recently.



Facilities on the Move

Life-Saving Video Laryngoscopes for Mandeville Regional Hospital

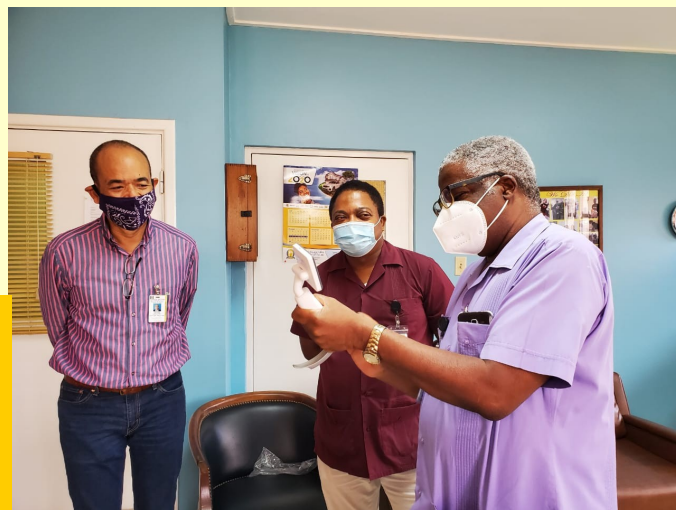


President of the Mandeville Rotary Club, Dr. Garth Anderson (right) hands over three new video laryngoscopes valued at US \$8,500 to Senior Medical Officer of the Mandeville Regional Hospital (MRH), Dr. Everton McIntosh. The Rotary Foundation of Rotary International and the NCB Group donated the medical equipment to the hospital on Tuesday, July 28 on the grounds of the MRH.

Video laryngoscopy is described as a major advancement in the safe placement of a patient's breathing tube with improved visualisation of the opening of the windpipe, with improved success rates. Dr. McIntosh explained that the video laryngoscope, which is a new piece of equipment for the hospital will improve the safety of patients, while reducing risks.

Participating in the handover are: (left to right): Foundation Chair of Rotary District 7020, Dr. Patrick Adizua, CEO of the MRH, Alwyn Miller and Assistant Governor, Jamaica South West, Rotary District 2020, Marcelle Fenton.

Senior Medical Officer at the MRH, Dr. Everton McIntosh (right) illustrates the use of the video laryngoscope to Chairman of the Southern Regional Health Authority Board, Wayne Chen (left) and CEO of the MRH, Alwyn Miller.



Facilities on the Move

Mandeville Regional Hospital Gets Staff Lactation Lounge



A staff lactation lounge was opened at the Mandeville Regional Hospital in Manchester on July 13, 2020, to encourage and support a mother's decision to breastfeed.

The Ministry of Health and Wellness encourages exclusive breast milk for babies for the first 6 months of an infant's life, as breast milk provides complete nutrition.

The beautifully decorated room, which is clean and comfortable will support mothers who need to express breast milk for their babies.



Facilities on the Move

'FitFivers' Embark on Healthy Lifestyle Changes



Left to right: Deborah Phillips, Carol Sanderman, Kimberley Trought (team captain), Irene Reid and Nicola Trought (missing from photo).

We are the 'FitFivers', a team of sophisticated and empowered women who were desirous to achieve optimal health and wellness. We endeavored to participate in the NHF National Work It Out Challenge to have fun and accomplish our health and wellness goals. The team comprised of Deborah Phillips, Carol Sanderman, Kimberley Trought (team captain), Irene Reid and Nicola Trought.

"The NHF "Work-it-Out" Challenge is a weight loss and fitness team competition that encourages individuals to change their lifestyle to achieve a healthier mind and body. The 10th staging of the competition started in September 2019 and lasted for twenty four (24) weeks. The competition featured various weekly exercise sessions, boot camps, a dance-off competition, and nutrition workshops, with weigh-ins at intervals (NHF, 2020)

On September, 13-14, 2019, we did our baseline weigh-in. During the challenge we participated in weekly exercise sessions on Saturdays and Sundays. We adapted new or modified diets and took all opportunities to participate in physical activities during the week. As a result, our team members gained more knowledge about nutrition and dieting, lost weight and improved their fitness levels.

Our enthusiasm earned us the title of the top team in the Southern Region and placement in the top 10 in Jamaica. In addition, our team Captain, Kimberley, won the regional Dance-Off Competition and the national Nutrition Quiz competition.

Since our accomplishments, we have continued to focus on healthy eating, fitness and overall wellness. We hope that our success and healthy lifestyle change will encourage others in our community and as well as our work community.

We would like to take extend our gratitude to the National Health Fund for investing in the Jamaican people through this programme. We would like to thank the other participants and our coaches for building a strong sense of community and fostering camaraderie.

To the leading ladies of the FitFivers: Congratulations We did it !

Credit: SRHA Regional Data Entry Clerk (Acting), Kimberly Trought



Dr. Fadji Sylla Roberts

Medical Officer/Epidemiological Data Analyst
SRHA Regional Office

“The Selfless and Dedicated-Dr. Fadji”



As with any profession there will be negatives and positives, challenges and changes. This is not something that many like to embrace, however, Dr. Fadji Sylla Roberts is one person who welcomes the diversity of the working environment. “There were a number of challenges, but you will find that in any organization. You will always have ups and downs, things that motivate you and de-motivate you but overall, it has been a positive experience, whether it be good or bad it happened for a purpose and you should always embrace those changes as it makes you a better person and pushes you to do your best”, Dr Roberts says.

A Medical Officer and Epidemiological Data Analyst at the Southern Regional Health Authority (SRHA) Regional Office, Dr. Roberts is originally from the French Guinea, West Africa. She pursued studies in Cuba but came to Jamaica to continue her profession. She notes that the culture in Jamaica is very different from that in the French Guinea which resulted in a culture shock; however, overtime she learnt the Jamaican culture and has even added some of the country’s values to her life.

Dr. Roberts began her journey with the SRHA as a Medical Officer in 2008; however, prior to coming to the SRHA Regional Office, she worked at the May Pen Hospital and May Pen Health Centre in Clarendon. During that time, she also worked at the Spanish Town and Kingston Public hospitals. As Epidemiological Data Analyst, some of her duties include: collecting information on all the health conditions seen at the facilities and health events held in the region, analyze data sent from the facilities in regard to patient visit increase and decrease, observe and monitor health conditions in the southern region among other responsibilities.

When describing herself to the Southern Pulse, Dr. Roberts says: “I would say that I am selfless, dedicated and a hardworking person and I think others would say the same about me at the places I’ve worked. Anything I do I give it my all; I always try to do my best. The work itself motivates me when I see how much is to be done. I’m driven by principle and objective, once I can see the objective and principle of a situation and understand it, I will work at it”.

In reflection, Dr. Roberts shares that the happiest moment of her medical career was working as an intern at the May Pen Hospital in the OB/GYN unit with Dr. Garth McDonald. She added that he was one of the most influential persons at that time who helped to motivate her. During her career Dr. Roberts has received many awards and recognition. While working at the May Pen Hospital as a Medical Officer she received Doctor of the Year at the maternity ward in 2008 and Doctor of the Year again in 2009. In 2017-2018 she also received the Doctor of Leadership Award from the Clarendon Health Department. Along with her professional competence, Dr. Roberts is fluent in the French, Spanish and English languages.

Dr. Roberts is very big on mentorship and advises her colleagues to find a mentor. “Mentorship is really important, especially for those who are young, those who just started or graduated. I think they should have a mentor so that they can be well guided until they are well rounded. Even older people in the profession can have mentors as learning never ends so having a constant individual to guide you will take you further than you thought. Surround yourself with people that can add to your value”, she encourages.

Since the COVID-19 pandemic in Jamaica, Dr. Roberts has been working closely with the disease and has been lauded by the Ministry of Health and Wellness and the SRHA for her impressive daily COVID-19 reports which she collates twice daily since the pandemic. Her reports have been described as timely, though time consuming, detailed and well structured. Dr. Roberts has garnered the support of key personnel in Clarendon, Manchester and St. Elizabeth to ensure that the reports are completed in an excellent manner.

She notes that she is impressed with the approach the Ministry of Health has taken to trace, control and contain the spread of the virus, adding that as a country, she wants Jamaica to continue improving, acknowledging mistakes in the past or present as it is a part of the process but ensure that they are not made in future. She also desires for Jamaicans to take more responsibility for their health, limit their dependency on the government and for everyone to be more conscious, understanding and loving towards one another.

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 Tips"

Credit:
SRHA & Ministry of
Health & Wellness



**MANCHESTER, CLARENDON AND
ST. ELIZABETH**

STAY HOME TO HELP STOP THE SPREAD OF COVID-19

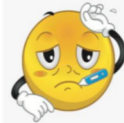
REDUCE YOUR RISK OF CORONAVIRUS INFECTION



Covid-19 Signs and Symptoms

Symptoms may appear 2 days or up to 14 days after exposure. Common symptoms include:

- Fever
- Cough
- Shortness of breath



COVID-19 HELPLINE

TOLL FREE LINE:

- 1-888-ONE LOVE (1-888-663-5683) OR
- 888-754-7792
- 878-542-5998
- 878-542-8006
- 878-542-8007

Email: covid19@moh.gov.jm
jacovid19@gmail.com

MANCHESTER

Call the Manchester Health Department
Monday-Friday 8:30 a.m. - 9:00 p.m.
Saturday-Sunday 8:00 a.m. - 8:00 p.m.
Telephone: 876-961-0128
Email: srhamhd.eoc.srha.gov.jm

ST. ELIZABETH

Call the St. Elizabeth Health Department
Monday-Friday 9:00 a.m. - 4:00 p.m.
876(965-2266, 913-1571, 715-4172) or
Whatsapp: 876-589-0811
Email: stelizabethhec20@gmail.com

CLARENDON

Call the Clarendon Health Department
Sunday-Saturday 8:00 a.m. - 12 midnight
Telephone: 876-986-9043
Email: clarendoneoc36@gmail.com

SRHA Regional Office (24 hours-Everyday) 876-962-2752
Email: srharo.eoc@srha.gov.jm

DISASTER PREPAREDNESS



Plan



Prepare



Recover



HOW & WHEN TO WASH YOUR HANDS

/// COVID-19

HOW



After coughing
or sneezing

After taking
public transportation

When caring
for the sick

Before, during and
after you prepare and
eat food

After toilet use

When hands are
dirty

After handling animals or animal waste

WHEN

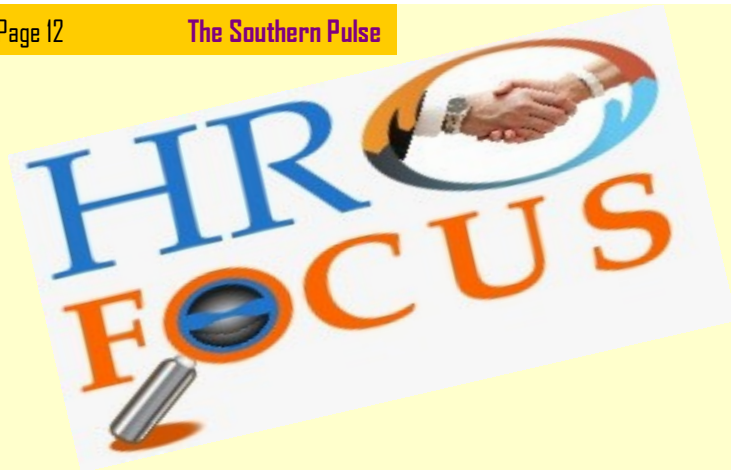
Jamaican Govt. : please wear
a mask if you are going in
public spaces

Jamaicans:



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 August edition to:

Latoya Laylor Brown, Public Relations Officer

Email: latoya.laylor@srha.gov.jm

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