

MAY 2020



## The Southern Pulse

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## Health Workers Recognized for Long Service and Commitment to COVID-19 Response

Some 27 health workers from the Percy Junor Hospital (PJH) in North East Manchester have been recognized and awarded for their longstanding service to healthcare and their outstanding commitment during the COVID-19 pandemic.

The workers were recognized by the Optimist Club of Spalding, Clarendon on Friday, May 29 on the grounds of the hospital. They were awarded for 20 years and more of outstanding service to public healthcare and for their dedicated and exceptional response during the COVID-19 pandemic.

Regional Director for the Southern Regional Health Authority (SRHA), which administrates the Percy Junor Hospital, lauded the Optimist Club for their kind gesture in recognizing the healthcare workers and described it as timely and deserving.

"I want to salute the staff members at the PJH and those who have come in contact with patients with COVID-19. This pandemic has been shocking and frightening; however it has presented a number of opportunities in improving our capacity as a health sector. Our physical infrastructure to manage infectious diseases has improved and our frontline healthcare workers are now equipped to manage diseases of this type" Mr. Bent said.

Member of Parliament for North East Manchester, Hon. Audley Shaw, who supported the Optimist Club in awarding the employees, thanked the healthcare workers for their dedication and hard work, before and during the pandemic. "We are experiencing a challenging time, but in every crisis there is an opportunity, but we have to seek out and find those opportunities. In the pursuit of excellence one person can make a difference and you have demonstrated just that. In everything give thanks and try to be as positive as you can" Minister Shaw told the awardees.



The awardees and members of the Optimist Club.



Regional Director for the SRHA, Michael Bent (left) presents an award for 21 years of outstanding service to Nurse Anaesthetist at the PJH, Vivienne Bailey Hinds.

The Optimist Club of Spalding, Clarendon is part of the international organization, Optimist International. In operation for some 101 years, the Optimist Club is a service oriented organization which does projects to enhance the development of young people and the community. The club has been involved in several projects at the PJH to improve the service delivery.

## In the News: Southern Regional Health Authority

### \$1.6 Million Donation to Boost Percy Junor Hospital Services



The service delivery at the Percy Junor Hospital (PJH) in North-East Manchester has been boosted with the donation of an ECG machine and defibrillator valued at \$1.6 million, donated by the hospital's 70<sup>th</sup> anniversary committee. Participating in the handing over of the donation on Wednesday, May 27 were: (left to right) CEO for the PJH, Carlton Nichols, PJH Senior Medical Officer, Dr. Carlos Wilson, Nurse Ward Manger for the A&E department, Michelle Hales-Thompson, Regional Director for the Southern Regional Health Authority, Michael Bent, Director of Nursing Services at the PJH, Jacqueline Pennicook and Parish Manager for the Manchester Health Services, Sandia Chambers-Ferguson.

Mr. Bent used the opportunity to thank the healthcare workers for their dedication in managing the general health of the population, in addition to handling the coronavirus pandemic, which is uncharted waters for the health team.

Nurse Ward Manger for the A&E department at the Percy Junor Hospital (PJH) in North East Manchester, Michelle Hales-Thompson (3<sup>rd</sup> left) and Director of Nursing Services at the PJH, Jacqueline Pennicook (3<sup>rd</sup> right)



examine the ECG machine, which was among the equipment donated to the hospital. The machine, along with a defibrillator valued at \$1.6 million was donated by the hospital's 70<sup>th</sup> anniversary committee.

Participating also in the handing over on Wednesday, May 27 were: CEO for the PJH, Carlton Nichols (left), PJH Senior Medical Officer, Dr. Carlos Wilson (2<sup>nd</sup> left), Regional Director for the Southern Regional Health Authority, Michael Bent (2<sup>nd</sup> right) and Parish Manager for the Manchester Health Services, Sandia Chambers-Ferguson (right).



## In the News: Southern Regional Health Authority

### Coffee Company Donates to Healthcare Workers Island-wide



Regional Director for the Southern Regional Health Authority (SRHA), Michael Bent (2<sup>nd</sup> right) accepts a commitment letter from General Manager of Jamaica Standard Products Company Ltd. John O. Minott (3<sup>rd</sup> right) for the donation of 6,000 units of coffee to be distributed to some 6,000 healthcare workers island-wide, valued at \$365,000.00.

Mr. Bent expressed appreciation to Mr. Minott and his company, located in Manchester, for their

generous donation of coffee products, which will boost staff members who are working tirelessly during this pandemic.

Mr. Minott noted that his company is pleased to show gratitude to the country's frontline workers who are helping to care for Jamaicans. Participating in the handover on Friday, May 8 were: SRHA Board Chairman, Wayne Chen (right), Director of Public Procurement at the SRHA, Stacey-Ann Edwards (left), SRHA Director of Human Resource Management and Industrial Relations, Nicolette Thomas Edwards (2<sup>nd</sup> left) and Marketing Executive at the Jamaica Standard Products Company, Sarah Myers.

Southern Regional Health Authority (SRHA) Board Chairman, Wayne Chen (right), SRHA Regional Director, Michael Bent (2<sup>nd</sup> right), General Manager of Jamaica Standard Products Company Ltd. John O. Minott (2<sup>nd</sup> left) and SRHA Director of Human Resource Management and Industrial Relations, Nicolette Thomas Edwards sample coffee from Jamaica Standard Products Company Ltd., which was donated to healthcare workers across the island.

The coffee company donated 6,000 units of coffee on Friday, May 8, to be distributed to some 6,000 healthcare workers island-wide, valued at \$365,000.00.

Mr. Chen welcomed the donation by the company and expressed gratitude for their constant support to healthcare over the years.





## Facilities on the Move

### Labour Day Brings Facelift for May Pen Hospital

CEO of the May Pen Hospital in Clarendon, St. Andrade Sinclair (right) is pictured here with Marketing Manager of Kaleidoscope Paints Limited, Nicole Masters (centre) and Southern Regional Health Authority Board Member and Mayor of May Pen, His Worship the Mayor, Cllr. Winston Maragh after a much-needed facelift on Labour Day, Monday, May 25.

The facelift is courtesy of Matalon Distributors in collaboration with Kaleidoscope Paints Limited, which provided 75 gallons of paint for the painting of the section of the hospital which houses the administration offices and the outpatient departments.



Mr. Sinclair noted that the paint job is in keeping with the Ministry of Health and Wellness' compassionate care programme, which, among other things, aims to improve the infrastructure of the public health facilities. Mr. Sinclair thanked Cousins Constructions for providing the equipment and professional painters to complete the job and to Colshar Limited for donating refreshments.



A section of the May Pen Hospital in Clarendon which received a facelift on Labour Day, Monday, May 25.

The paint job is courtesy of Matalon Distributors in collaboration with Kaleidoscope Paints Limited, which provided 75 gallons of paint for the painting of the section of the hospital which houses the administration offices and the outpatient departments.



## **Yudarki Hernandez-Wilson**

**Nurse  
Black River Health Department**

**“Friendly and Hardworking Nurse Hernandez-  
Wilson”**



Change, whether it is a change of scenery, school or profession is an inevitable aspect of life, allowing the choice to adapt or give up. Yudarki Hernandez-Wilson embraced this concept because even though she was born and raised in Cuba, she chose to adapt and learn more about her environment to better communicate with those around her when she decided to practice the nursing profession in Jamaica.

A nurse at the Black River Health Department in St. Elizabeth for the last nine years, Nurse Hernandez-Wilson shares that her experience working with the Southern Regional Health Authority has been a very pleasant one. “Even though I am from Cuba, I have been enjoying the warmth of the Jamaican people. The first thing I noticed is that the staff was very welcoming, very supportive and shared their knowledge” she says.

Nurse Hernandez-Wilson shares that some of her duties include: supervising the nursing assistants or junior nurses, attending, treating and administering the appropriate medication to patients that are admitted to the facility, performing midwifery duties among other responsibilities.

Awarded Staff Nurse of the Year in 2017, Nurse Hernandez-Wilson is encouraging her colleagues to do their best and be practical in their professional life. “They should take everything one step at a time, not to mix their personal problems with their work as they need to be stress free. If they find that they have any problems they have to try to find a way to fix it so that it won’t affect them personally and professionally” she says.

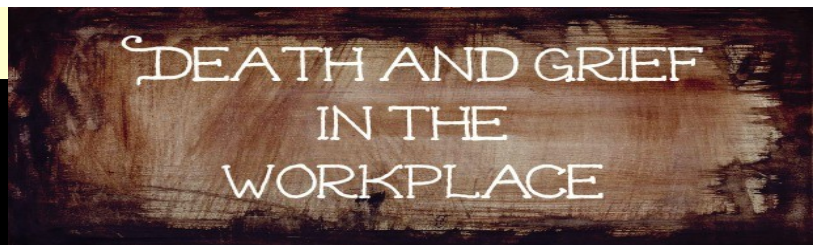
Describing herself as friendly, jovial, helpful and hardworking, Nurse Hernandez-Wilson notes that: “I am always willing for someone to guide me or correct me if I’m wrong or teach me something new. I believe that there is always more to learn.” She points out that her motto is to unapologetically be herself all the time and never mix her personal problems with her professional life.

When she is not devotedly working to have her patients treated and back home with their families, Nurse Hernandez-Wilson likes to spend her free time with her family. She notes that family is very important to her and uses the opportunities she gets to spend time with them. She also enjoys watching movies and series from all genres.

Stressing the importance of communication, especially with having to adjust the way she communicates with those around her and understand the culture Jamaica, Nurse Wilson encourages Jamaicans to do their part in fighting this novel Coronavirus.

“My wish is that people get more conscious of what’s going on in their country, be more compliant with whatever guidelines given by the Ministry of Health and help others to follow the rules. Do what you know you’re supposed to do so that this virus will soon go away” she says.





## Selfless Service: Remembering Those Who Passed While Serving

**Devon McKenzie**



Devon McKenzie, a Union delegate, was passionate about the rights and benefits of his fellow colleagues. He offered his services as an Operating Theatre Attendant at the Mandeville Regional Hospital (MRH) from June 12, 1996 to February 2, 2020.

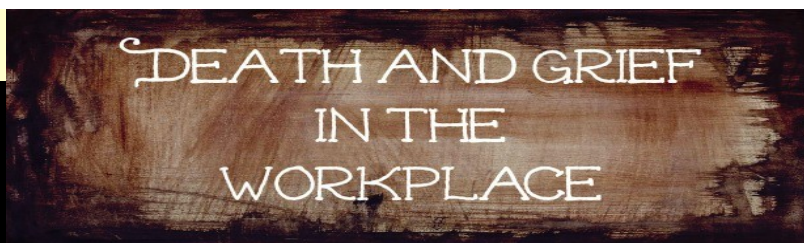
Some of the duties that Mr. McKenzie carried out during his time at the MRH included: cleaning and preparing all trolleys to facilitate the day's activities and cleaning operating theatre rooms, sterile passages, recovery areas and the entrance foyer and pre-operating areas.

Mr. McKenzie would also assist with transferring patients from the pre-operating table to the recovery bed at the end of each case. He also checked the operating theatre to ensure that all the trolleys were accounted for, and positioned recovery beds in a sterile passage ready to receive patients from the operating rooms or pre-operating area.

A passionate worker and individual, Mr. McKenzie's service at the Mandeville Regional Hospital will always be remembered and valued.







## Selfless Service: Remembering Those Who Passed While Serving

**Jevene Whitely**



Known for her pleasant countenance and warm smile, hardworking attitude and drive to ensure that her patients receive the best quality service possible, Nurse Jevene Whitely, though physically gone will never be forgotten.

Nurse Whitely successfully completed her General Nurse Programme at the Kingston School of Nursing in 1999 and became a part of the Black River Hospital family in 2000.

From the very start of her career, Nurse Whitely was regarded as a well-informed, industrious and promising officer by her superiors. In April 2006, after spending two years in the maternity unit, she was appointed as a Specialist Nurse.

Nurse Whitely was also known and admired for her ability to organize and deliver efficient and effective nursing care which consequently led to her securing a position as an acting nurse supervisor. While in that position, she was praised for her technical competence and sound management decisions.

It came as no surprise that she was highly recommended to pursue the post midwifery programme, which she pursued in October 2004 and the course in nursing administration which she undertook in 2007.

In pursuit of higher education Nurse Whitely completed a Master of Science in the Family Nurse Practitioner Programme at the University of the West Indies in November 2013. For a short period of four months Sister Whitely did a stint at the Black River Health Centre as a family nurse practitioner, but her love for the hospital-based nursing pushed her to go back to the Black River Hospital in February 2014.

Nurse Whitely was known as someone dependable to provide information, guidance and assistance relating to the relevant forms or documents for the welfare of her fellow staff members.

Her invaluable contribution and service to the institution will always be remembered.



# 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

World Health Organization  
888-ONE-LOVE(663-5683) | www.moh.gov.jm

## 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 June edition to:

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