

OCTOBER 2020



## The Southern Pulse

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## Southern Regional Health Authority Partners with Custodes in the region to launch Covid 19 Intervention Programme.



**Custos Rotolorum of Clarendon, the Honorable William "Billy" Shagoury, addressing Community Health Aides and health workers prior to their departure into the town of May Pen in Clarendon for the COVID-19 Intervention Programme.**

The Southern Regional Health Authority (SRHA), in its drive towards full COVID-19 education in Manchester and Clarendon has collaborated with the office of the Custodes in both parishes to host a series on Covid-19 intervention and response programmes spanning the region.

The initiative came about as a response to the island experiencing the Community Spread Phase of the pandemic. One of the many intervention/response programmes scheduled was held in Mandeville, Manchester on Wednesday, November 25, 2020 and saw Custos Rotolorum of the parish, Hon. Garfield Green, the Child Protection and Family Services Agency (CPFSA), and members of staff from the different health facilities within the parish flood the streets.

Brochures, bumper stickers and masks were among the items given to residents and business operators in the city.

Custos Green said that based on his observation, he believes residents in Mandeville are very receptive to the COVID-19 message. "Certainly everyone out there is aware of the virus and I saw almost everyone with a mask, they were not necessarily wearing it properly, which is something we have to improve, but almost everyone had a mask. The taxi men were asking for masks, and there was also a really good reception in the Mandeville Market, there was not one instance where we received any backlash."

On Thursday, November 26, 2020, another Intervention Programme was held in May Pen, Clarendon, with over 100 Community Health Aides (CHAs) flooding the streets. The focus of this leg of the intervention programme was to provide tips and guidance to taxi operators within the parish capital.

Custos of the Parish, Hon. William "Billy" Shagoury, was monumental in helping the cause, donating 2,450 reusable face masks along with 900 bumper stickers to be handed out to taxi men, residents and business operators within the city.

Custos Shagoury also combined with Chief Executive Officer (CEO) of Kings Chemical Company limited, Courtney Thomas, to donate 300 hand sanitizers to the CHAs and health workers within the parish.

Custos Shagoury, speaking to the CHAs and health workers prior to their foray into streets, highlighted the importance of having educational initiatives across the region. "Covid-19 can be a very ruthless disease hence it is imperative that we go through the proper process of constantly educating citizens and reminding them that we cannot let up in our adherence to the protocols and rules set up for our protection," he said.

## In the News: Southern Regional Health Authority

### Southern Regional Health Authority Partners with Custodes in the region to launch Covid 19 Intervention Programme.

The Custos also urged the CHAs and health workers to lead by example when interacting with individuals on the streets. “Though you will be going out to educate others, please ensure that you remain safe, a lot of you have mothers, fathers, sisters, brothers and other family members at home and the last thing we want is for either you or them to get sick. We need you fit and able so you can continue to spread the message so please remain vigilant,” he stressed.



**Custos Rotolorum of Manchester, the Honorable Garfield Green, hands out reusable mask and COVID-19 brochure to vendor in the Mandeville Market located in Manchester.**

Mr. Thomas, expressed his gratitude and admiration towards the health care workers involved in the various intervention initiatives. “It does not matter how much hand sanitizer or soap or disinfectant we can contribute, as long as persons don’t obey the protocols we will still be in trouble, so I just want to commend the health workers on the constant effort being put out and I am urging you all as we go into the Christmas season, just to remain safe,” he said.



**Bumper sticker handed out to taxi drivers in May Pen, Clarendon encouraging passengers to sanitize and wear mask prior to entering the vehicles.**

Mr. Thomas, expressed his care, gratitude and admiration towards the health care workers involved in the various intervention initiatives. “It does not matter how much hand sanitizer or soap or disinfectant we can contribute, as long as persons don’t obey the protocols we will still be in trouble, so I just want to commend the health workers on the constant effort being put out and I am urging you all as we go into the Christmas season, just to remain safe,” he said.

Brief COVID-19 education and awareness sessions were also conducted, aimed at reinforcing the importance of obeying COVID-19 protocols, and teaching business owners how to properly and efficiently implement such.



## In the News: Southern Regional Health Authority

### US Embassy donates 3-point-4 million Jamaican Dollars worth of equipment to the Southern Regional Health Authority



Southern Regional Health Authority (SRHA) Regional Director, Michael Bent (right), aids members of staff to pack equipment, including a generator, donated by the US Embassy for distribution to facilities within the region on Wednesday, November 18 2020 on the SRHA grounds. The overall cost of the equipment donated by the US Embassy is approximately J\$3.4 million dollars. This will help the SRHA not only in the fight against COVID-19, but will aid the entity to deliver proper health service within the region .

Mr Bent in receiving the items said the SRHA was pleased with the contribution as it would help to increase the regions capacity to deliver quality health care in what has been a time of global health challenges. He also noted that the generator was a welcomed addition to the regions arsenal of equipment as it would aid the entity to still be productive in the case of power outages and natural disasters.

## In the News: Southern Regional Health Authority

### Community Health Aides in Manchester receive Home Visiting Bags and other equipment to boost fight against Covid-19.



Community Health Aides (CHAs) in Manchester were given a massive boost in their fight against the COVID 19 pandemic; as they received 140 Home Visiting Bags on Friday November 13 from the Southern Regional Health Authority (SRHA). The Home Visiting Bags arrived at the SRHA earlier in November and on Friday; staff from the Manchester Health Department met to pack the bags with the necessary equipment for distribution to the CHAs.

Each bag was furnished with a Digital Thermometer, Stethoscope, Sphygmomanometer, Measuring Tape, Adhesive Tapes, Forceps, Hand Sanitizer, Kidney Dish, Goggles, Disposable Gloves and Biohazard bags. CHAs in the Parishes of Clarendon and Saint Elizabeth will receive their bags later this month.



CHAs in Manchester will not be the only ones to receive a boost from the SRHA, as the organization plans to hand over another 460 bags to CHAs from the parishes of St. Elizabeth and Clarendon on Wednesday. The Home Visiting Bags and equipment to be placed inside cost \$17.3 million Jamaican dollars.

The SRHA was mandated to recruit and train CHAs in response to COVID-19. Participants who successfully completed the 12 week training programme were dispatched across the various health facilities in the region.

**Regional Director at the SRHA, Michael Bent (centre), is pictured here with a Home Visiting Bag. Also captured are: (left to right): Director of Public Procurement at the SRHA, Stacy-Ann Edwards, Director of Human Resource Management and Industrial Relations at the SRHA, Nicolette Thomas Edwards, CHA Shanique Finnikin, acting Regional Nursing Supervisor Maxine Isaacs, acting Senior Public Health Nurse Manchester North, Llelia Miler-Beecher, and CHA Marshalee Legore.**



## Facilities on the Move

### St. Elizabeth Health Department keeps businesses in the parish on high alert with COVID-19 Blitz Assessment



**Members of the Saint Elizabeth Health Department (SEHD) pose for a picture prior to conducting their COVID-19 Protocol Blitz Assessment for business operators in the major towns in the parish on Tuesday, November 10. The exercise was used as a means of ensuring business operators were in strict adherence to COVID-19 protocols going into the usually busy Christmas season.**

The blitz assessment helped members of the SEHD determine the level of compliance with COVID-19 protocols in the parish, to provide further COVID-19 protocol education for business owners, to identify towns in the parish which may need special intervention, and to conduct revisits and follow-up on non-compliant establishments.

Some of the parameters assessed included whether businesses had mandatory hand washing/hand sanitization available at the entrance of the building, whether mask wearing for workers and customers was mandatory, if adequate signs or posters were in place indicating COVID-19 protocols, the businesses ability to undertake mandatory temperature checks and whether entities were overcrowded with staff and customers.

Of the 8 towns visited in the parish, Junction and Maggoty showed the highest level of compliance with 74 percent, while Treasure Beach showed the lowest level with 38 percent. Santa Cruz had a compliance percentage of 50 with 225 of the 448 locations visited obeying protocols; South Field had number of 68, Balaclava 51, New Market 60 and Black River 55. The overall compliance level in the parish is 56 percent.

## Facilities on the Move

### Mandeville Regional Hospital gifted with masks, kettles and microwaves from Manchester Wellness Foundation.



Pictured above is Chairperson of MANWELL Herschel Ismail (Right), and CEO of the Mandeville Regional Hospital (MRH) Alwyn Miller posing for a picture with the gifts.

The Manchester Wellness Foundation (MANWELL) continued to show their commitment in the fight against COVID-19, as they donated 1,000 surgical masks, two kettles and four microwaves at a cost of approximately \$200,000JMD to the Mandeville Regional Hospital (MRH). T

The donations were presented at a brief handing over event at the MRH Conference Room on Friday, November 13.

The Mandeville Regional Hospital has made significant efforts to stem the COVID-19 outbreak in the southern region, and Chairman for MANWELL, Herschel Ismail, says the donation was a token of love in an effort to boost staff morale in response to the effort shown by the hospital since the pandemic.



Pictured here are: (left to right): Director for the Manchester Health and Wellness Foundation Christopher Chedda, Chairman of MANWELL Herschel Ismail, Director for MANWELL Jascinth Collins, CEO for the MRH Alwyn Miller and Directors of MANWELL Valrie Tomlinson and Diana McIntyre Pike.

CEO for the MRH, Alwyn Miller, in receiving the gifts said he was thankful for the items as it would help to keep both the staff and patients at the hospital safe while dealing with the pandemic. He also commended MANWELL for their unwavering support in the region.



## Staff Highlight

### Health Staff Recognized and Awarded For Long Service and Outstanding Service

Scores of staff members across the Sothern Regional Health Authority (SRHA), were recognized at several staff conferences across the region throughout the month of November for longstanding and outstanding service to public healthcare and notable service during the dengue outbreak in 2019 .

Staff members also received graduation certificates for the community health aide programme and events planning course which they recently participated in.

Please see below photo highlights.





## Staff Highlight

### May Pen Health Department celebrates National Customer Service Week.

The May Pen Hospital (MHD) in Clarendon participated in the annual National Customer Service Week celebrations from October 5 to 9 at the Accident and Emergency Department at the MHD Grounds under the theme "Customer service a fi wi business, big and small serving all".

The week saw topics such as COVID-19, nutrition and health, and patients rights and responsibilities all being explored. The week's activities culminated with an award ceremony on Friday October 9, 2020.

Please see below photo highlights.







## Earl Shakespeare

**Institutional Health Officer  
Manchester Health Department**

**“The Ambitious Jone Simpson”**

From seeking a job in a recession proof industry to becoming one of the best health inspectors on the island, the making of Institutional Health Officer at the Southern Regional Health Authority (SRHA), Earl Shakespeare, is one that shows the importance of seizing opportunities at the right time.

Born in Spalding, Clarendon in 1972, Mr. Shakespeare was a child always on the move, and as such, recounts spending a lot of his formative years in Manchester and St. Ann. This theme of “consistent change” is one that would follow Mr. Shakespeare into his working life, as he recalls engaging in various professional pursuits before finding his calling as a health inspector.

“I did not know much about public health, when I was younger I knew one inspector, I did not know what his job entailed, but I knew he was an inspector. As an adult I went through many different institutions, I went to teachers college I went to GC Foster, until I eventually got into public health by chance. I was heading off to the University of the West Indies (UWI) and I sat in the Tom Redcam Library one day. There was a Gleaner so I took it up and looking through I saw an advert for persons to become inspectors and it piqued my interest. Long story short, I applied and was successful, so here I am today,” he said.

Mr. Shakespeare has been in the profession for more than 21 years, and the position has seen him work in Clarendon and Manchester. In that time he has managed to develop healthy working relationships with individuals in both the health field and other sectors, and says this has aided him in fulfilling his duty at the highest level. The lessons learnt and prior experience gained, were crucial when he, along with other health workers, were tasked in helping to set up transition facilities for the COVID-19 Wards at the Percy Junior and Mandeville Regional Hospitals.

The Institutional Health Officer’s dedication to the region and task at hand has not gone unnoticed at the national level as he finished second runner up Public Health Inspector of the year in 2017-2018. He was also awarded the COVID-Star on October 28, 2020 for his work in the fight against the pandemic on the island.

Mr. Shakespeare says the job is very rewarding on a personal level, “To be honest, the job has been fulfilling, I do realise that sometimes it can be an inglorious path, people do not always necessarily tell you thanks, but since COVID we have put in the work and we have been getting the accolades and the clients are also more receptive to us as of recently. Previously, we received pushback from clients because they saw us as enforcers, but now they have come to realise that we have their best interest at heart and that feels good,” Mr. Shakespeare said.

The 2020 COVID-19 Star recipient says that aspiring health inspectors should simply try to persevere and learn as much as they can from the more senior figures in the profession.

“Public health is not a science where you have to reinvent the wheel; it is a science in which they can build on what was already there. I always tell the younger officers that I see myself and my peers as the persons who have been there; we are the tried and proven part of the profession and they can now come and add value to be the newer versions of us. Do not be shy, don’t be afraid to try to implement or add what they know. The knowledge of public health is not reproached in one person, we all can contribute,” Mr. Shakespeare added.

# 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

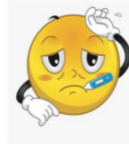
#### REDUCE YOUR RISK OF CORONAVIRUS INFECTION



#### 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  
• 876-542-5998  
• 876-542-8008  
• 876-542-8007

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: stelizabeth.eoc2@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



WET HANDS



APPLY SOAP



RUB HANDS PALM TO PALM



LATHER THE BACKS OF YOUR HANDS



SCRUB BETWEEN YOUR FINGERS



RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS



CLEAN THUMBS



WASH FINGERNAILS AND FINGERTIPS



RINSE HANDS



DRY WITH A SINGLE USE TOWEL



USE THE TOWEL TO TURN OFF THE FAUCET



YOUR HANDS ARE CLEAN

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

## Three types of mango eaters 🤪



The disrespectful waster

The amateur

The Professional

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.

**Credit: Ministry of Health & Wellness**

## SUBMIT AN ARTICLE

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

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