

JANUARY 2021



# The Southern Pulse

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## Health and Wellness Minister Visits Manchester



Minister of Health and Wellness Dr. The Hon. Christopher Tufton (right) interacts with a vendor in the Mandeville Market during his Market Pop-Up on Wednesday January 27, 2020. The Market Pop-Up is a part of the Ministry of Health's initiative to encourage Jamaicans to eat healthier foods in a bid to build their immune systems for the fight against COVID-19 and Non-Communicable

7:00 p.m. to 5:00 a.m.

During the Market Pop-Up, Dr. Tufton advised residents in the area to build their immune systems for the fight against COVID-19 and other Non-Communicable Diseases by eating fresh locally grown fruits and vegetables. The Minister also spoke to some of the vendors in the market, purchased items and handed out shopping bags.

Next up was the signing ceremony for the donation of an ambulance worth US\$84,000 from Japanese Ambassador to Jamaica, His Excellency Masaya Fujiwara, by way of the Japanese Government. Also in attendance were Minister of Foreign Affairs and Foreign Trade, Senator Kamina Johnson-Smith, SRHA Regional Director, Michael Bent, MRH CEO, Alwyn Miller and staff members from the SRHA and the Japanese Embassy.

The Southern Regional Health Authority (SRHA), welcomed Minister of Health and Wellness Dr. The Hon. Christopher Tufton, as he conducted a Ministerial Parish Visit in Manchester on Wednesday, January 27, 2020.

The parish visit saw the Health and Wellness Minister touring the Mandeville Market for a Market Pop-Up, attend a signing ceremony for the donation of an ambulance from the Japanese Embassy by way of the Government of Japan at the Mandeville Regional Hospital (MRH) Conference Room, and conduct the Manchester leg of the "Mask Up before Yuh Talk Up" campaign.

The Minister's visit comes in the wake of a recent increase in COVID-19 cases in the parish, which has led to the government recently introducing tighter COVID-19 measures in Manchester. These include extending the curfew hours from 10: 00 p.m. to 5: 00 a.m. to



## In the News: Southern Regional Health Authority

### Health and Wellness Minister Visits Manchester (Continued From Front Page)



**Minister of Health and Wellness, Dr. The Hon. Christopher Tufton (left), receives a cheque of US\$84,000 towards the purchasing of an ambulance from Japanese Ambassador to Jamaica, His Excellency Masaya Fujiwara. The donation was made at a signing ceremony held at the Mandeville Regional Hospital (MRH) Conference Room on Wednesday January 27, 2020.**

Minister Johnson-Smith in her remarks at the ceremony said that the donation of the funds to purchase the ambulance was another vital step in what has so far been a fruitful relationship between Japan and Jamaica.

Minister Tufton's final action in the parish saw him endeavour in the "Mask Up before Yuh Talk Up" campaign. The Minister, along with 25 Community Health Aides (CHAs) from the parish, took to the streets of Mandeville; handing out masks and pamphlets, while also urging

residents to obey the COVID-19 protocols. The walk started at the MRH and ended at the town centre in front of the Cecil Charlton Park. Minister Tufton urged the residents to adhere to the COVID-19 restrictions.

"Persons in the parish need to realize that COVID-19 isn't going anywhere. Wearing a mask, sanitizing and practicing proper social distancing is very important. The current retractions being enforced are necessary so as to prevent the continued growth of the virus not only in Manchester but in the parish, and we hope that with the proper work we can get back to normal as soon as possible. My message to the people of Manchester is to mask up before you talk in your own interest and protection", he said.



**Japanese Ambassador to Jamaica, His Excellency Masaya Fujiwara (right) and Minister of Health and Wellness, Dr. The Hon. Christopher Tufton.**



## In the News: Southern Regional Health Authority

### Health and Wellness Minister Visits Manchester



Minister of Health and Wellness, Dr. The Hon. Christopher Tufton (right) leads a group of Community Health Aides (in the streets of Mandeville, Manchester during the “Mask Up before Yuh Talk Up” campaign on Wednesday January 27, 2021. The campaign is part of the Ministry of Health’s drive to raise awareness on the importance of obeying the COVID-19 Protocols.





## In the News: Southern Regional Health Authority

### Southern Regional Health Authority Continues Fight Against COVID-19 with Community Sensitization Sessions



Parish Health Education & Promotion Officer at the Manchester Health Department, Shereen Williamson-Reid (left), hands a COVID-19 flier to a resident in the Allison Community in Manchester during a Covid-19 community outreach, testing and sensitization session on Thursday, November 25, 2020.

The Southern Regional Health Authority (SRHA) continues to ramp up its efforts in the fight against COVID-19 in Manchester with a series of community outreach, testing and sensitization sessions being held in the parish.

The first such initiative was undertaken on January 14, 2020 in Grey Ground, Manchester and saw 48 persons from the community being tested.

A second initiative was executed on Thursday January, 21 2020 in Allison, which yielded a further 78 tests. The testing target for each community session was 50.

This comes as a response to an increase of cases within the parish,

which culminated with stricter measures being announced for Manchester by Minister of Health, Dr. the Hon. Christopher Tufton on Monday, January 25, 2021. The new measures will see public gatherings limited to 10 persons and curfew hours moved from 10pm – 5a.m. to 7pm – 5a.m.

Regional Director for the SRHA, Mr. Michael Bent, says he hopes the community outreach, testing and sensitization sessions will aid in reminding citizens of the dangers associated with the virus.

“We want to take the time to simply urge the public to be vigilant and not drop their guard. There is no room for complacency in this Pandemic and the more responsible each citizen is, the less strenuous it will be on us and the health sector to manage the virus,” he said.

The next intervention will be carried out in New Green on Thursday, January 28, 2020 with further community outreach, testing and sensitization sessions scheduled for Chudleigh, Christiana, Denham Farm and Bombay in the parish.



Vector Control Officer at the Manchester Health Department, Andre Hyde (right), speaks with a young resident during a house visit in the Allison Community in Manchester on Thursday, November 25, 2020. The visit was a part of the Covid-19 community outreach, testing and sensitization session currently being held in the parish.



## Eugena Clarke-James

**Operations Manger  
May Pen Hospital**

**“Pushing her Boundaries for Growth”**



A yearning for growth and a commitment to discipline and perseverance at a young age are often signs of a good leader.

Operations Manager at the May Pen Hospital in Clarendon, Eugena Clarke-James, named after former Prime Minister of the Dominica, Dame Mary Eugenia Charles, has always had these attributes in abundance. Born in the little district of Bois Content in St. Catherine, Eugena grew up with nine siblings. She attended the Old Harbour High School where she was a very active student, being president of the 4-H club, serving on the prefect body and being selected as the school's head girl when she was in fifth form.

After graduating the institution, Mrs. Clarke-James had to travel a long path to find herself at her current destination. Her first job saw her work with the Ministry of Agriculture as a secretary for two years, then moving on to the Caribbean Agriculture Research and Development Institute (CARDI) where she worked for seven years. It was during this period that Mrs. Clarke-James began pursuing short courses at the University of the West Indies and the Management Institute for National Development, with the aim of one day becoming a manager.

“I was never really satisfied fully by just working as a secretary. From the time I was in high school, I always saw myself as someone who should be in a managerial position. I always saw myself as a professional,” she said.

Her first exposure to the health sector came after she left CARDI in 1998 and began working with the Clarendon Health Department as a secretary. This was also where she got her first opportunity to show her leadership and management skills as she worked in place of her supervisor as an administrator during his two years stint on study leave. She also worked as the Parish Administrative Officer during her 14 year stay at the entity.

In keeping with her knack for never being satisfied, Mrs. Clarke-James's hunger for growth eventually saw her attending the University of Technology while working at the Clarendon Health Department. It was there where she pursued a Bachelors Degree in Business Administration. She recalls the difficulty of travelling from Clarendon to Kingston on a daily basis, but says she never felt alone as she always had her husband to lean on for support.

“My husband and my children motivated me a lot. My husband is a professional, and always kept encouraging me to strive for the best. He was very supportive of me when I was doing my Bachelors degree because I had to leave work, like about 4 o'clock to head to the University of the Technology (UTECH) and I had a baby at that time, who is now 18-years-old and doing engineering. I used to work eight hours in the day then rush off to UTECH and get back from Kingston around 10:00 p.m. in the night. My husband would park somewhere on the road waiting for me so he could escort me back home and he would also have the young baby with him in the car,” she said.

Mrs. Clarke-James was hired to the position of Operations Manager at the May Pen Hospital in 2012 after a recommendation from then Parish Manger, Michael Bent, who has since been promoted to Regional Director of the Southern Regional Health Authority. The Operations Manager says that so far her job has been very fulfilling. She notes that in the future she sees herself continuing to push her boundaries for growth by pursuing a Masters degree in Psychology.

“I think I want to do further studies, in a field like psychology. I have been very instrumental in counselling, helping persons who sometimes have difficult times and they always come to me relating their experiences. Maybe it is the Christ in me as I would always be there encouraging them and finding the word to help them psychologically so they can pick up the pieces and move on,” she said.



## A Closer Look at Your Department

### May Pen Hospital Laundry Department-Going Beyond the call of duty



**Left to right: Hospital Attendants, Keneisha Francis, Marlene Reid-Davidson, Marjorie Howell, Petal Chantiloupe, Cheryl Pyne, Supervisory Linen Room Attendant, Sharon Bailey and Seamstress Ann-Marie Grant.**

Operating since the inception of May Pen Hospital in 1975, the Laundry Department functions with a staff complement of six Hospital Attendants and a Seamstress.

Displaying a high level of initiative, effort, attention to detail and commitment, the team is known to complete assignments efficiently with minimal supervision. They adhere to policy, cooperate with supervisors and align behaviour with the goals of the organization. They are intrigued with motivation; by fostering and facilitating cooperation, pride, trust, group identity and team spirit throughout the organization.

The Laundry Department encounters several challenges including machine downtime; however the team continues to overcome, striving to perform their tasks to the best of their abilities. Their success is also as a result of collaborated efforts with other hospitals namely; Mandeville Regional, Percy Junor and Lionel Town.

In March 2020, the COVID-19 pandemic hit the shores of Jamaica which greatly impacted the country's healthcare system. The Laundry Department was tasked with additional duties, as a result of the heightened need for infection prevention and control measures. Because of the washing machine downtime, the team had to travel to the Mandeville Regional Hospital to wash linens and then return to the May Pen Hospital to dry the linens.

Their hours of work took them far outside of their work schedule, however; they were not deterred by the challenges but persevered to ensure that the hospital was provided with clean linen daily and as such, there were no shortage of linen to any departments. They went beyond the call of duty and must be commended for their commitment to quality healthcare service delivery.

A project commenced in August 2020 by the International Development Bank (IDB) to renovate the Laundry Department to improve the aesthetics and also to install a new washing machine, dryer, and water heater. This renovation was welcomed by the May Pen Hospital and the staff at the department have indicated that this would improve their service delivery and reduce the challenges that they have encountered. This project is expected to be completed in 2021.

The department recognizes Ms. Andria Kerr, who passed on October 24, 2020. She has left the team members with a void in their hearts and will be greatly missed.



## IN MEMORIAM



Her supervisor noted that she was an ardent worker, “who has made an invaluable contribution to the psychiatric team.”

She was also described as a dedicated person who was passionate about her clients and their needs.

Mrs. Barton-Pink was a patient, compassionate and hardworking woman who was always ready and available whenever her assistance was needed.

She was loved by many and will be greatly missed.

**Mrs. Barton-Pink was featured in the April 2018 edition of the Southern Pulse.**

## DEATH AND GRIEF IN THE WORKPLACE

### Selfless Service: Remembering Those Who Passed While Serving

**Patrice Barton-Pink**

Patrice Barton-Pink felt a sense of purpose and fulfilment working with the mentally challenged. Her objective was to impact and change lives; and that she did.

As a Medical Social Worker, her sojourn with the Clarendon Health Department began April 11, 2016 and sadly ended on December 23, 2020.

One of the high points of her career was attaining her degree, “knowing that I was now empowered to help others” she said.

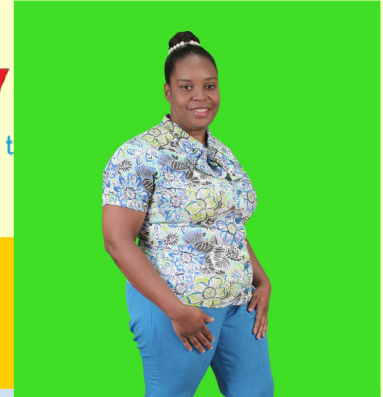
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**Patrice Barton-Pink**

**Mental Health Social Worker  
Clarendon Health Department**

**“Objective to Impact and Change Lives”**



Professional achievements vary for persons, but for Mental Health Social Worker at the Clarendon Health Department, Patrice Barton-Pink, her biggest professional achievement to date is reuniting a patient with her family; quite profound!

Mrs. Barton-Pink relates that “a patient was admitted to the ward and was stabilized, ready for home but the church family she was living with refused her. She had nowhere to go and so she relapsed on the ward. It was during this period that I learnt of her. There was no contact information for family. While interviewing the patient she misrepresented the information, sending me on a ‘wild goose chase’. By employing my investigative skills I was able to locate her childhood caregiver, her father, an aunt and later her mother with whom she now resides. She has gone back to work and is gradually improving her life and the relationship with her family. I feel a sense of accomplishment when I reminisce on where she was and how she is re-inventing her life. Now she ceases every opportunity to express her gratitude for the work that I have done and is doing for her. For me, helping her or anyone to rebuild relationships is an accomplishment.”

Encouraged to emulate Jesus’ ministry on earth, Mrs. Barton-Pink notes that it’s never an easy task working with people and the diversities that exist; however, “doing your best is never about being on top but rather ensuring that the people you serve are empowered to rise above their circumstances.”

Though, only serving the Clarendon Health Department for two years, Mrs. Pink has been providing exceptional care to patients including: psycho-education to patients and families, individual and family psychotherapy sessions, promoting and encouraging family support; networking and linking patients and families with relevant service agencies to assist in their overall well-being, conducting home assessment and investigations, conducting parent empowerment and behavior modification sessions for child and adolescent mental health patients and caregivers, among several others.

Described as a task-driven and result-oriented individual, this Mental Health Social Worker tells *The Pulse* that working with the mentally challenged has given her a sense of purpose and fulfillment, adding that “my objective has always been about impacting lives and helping to make a positive change in the lives of marginalized individuals.” She relates that the most important life lesson she has learnt is that failure is good, as it shows that you had the courage to try.

When asked what her professional advice for colleagues is, Mrs. Barton-Pink says the health care profession cannot be about self, noting that one needs to have a good relationship with self before establishing a good one with others. “The job we do requires partnership and relationship to achieve ultimate success. And so I encourage you to put God first, have a good relationship with self and see the people you work with as individuals in need of partnerships so that they can be empowered. Make the welfare of your patients your welfare” she says.

A trained and certified Mediator with Dispute Resolution Foundation of Jamaica, Mrs. Barton-Pink currently serves on the District Consultative Committee for the Mocho Road Division of the Jamaica Constabulary Force and also on the Homeless Committee for Clarendon.

Her main desire for her country at this time is that Jamaicans would understand and practice the true meaning of love.



## DEATH AND GRIEF IN THE WORKPLACE

### IN MEMORIAM

## Selfless Service: Remembering Those Who Passed While Serving

**Anthony Tulloch**

Anthony Tulloch gave exceptional service to the Mandeville Regional Hospital, assigned to the Morgue as a Mortuary Attendant from May 7, 2010 to January 24, 2021.

He was best known for his calm demeanour and his deep baritone voice, which will be greatly missed.

Described as a supervisor, mentor, friend and teacher, by his supervisees and colleagues, Mr. Tulloch's personality allowed for great comradery among his team members, colleagues and clients, which will be sorely missed.

Sadly Mr. Tulloch passed on January 25, 2021 after a brief illness and leaves behind his son Akiel Tulloch.

His big personality and exceptional service will be greatly missed.





# 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

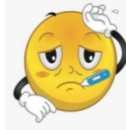
#### REDUCE YOUR RISK OF CORONAVIRUS INFECTION



#### 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
- 876-542-8006
- 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.eoc@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

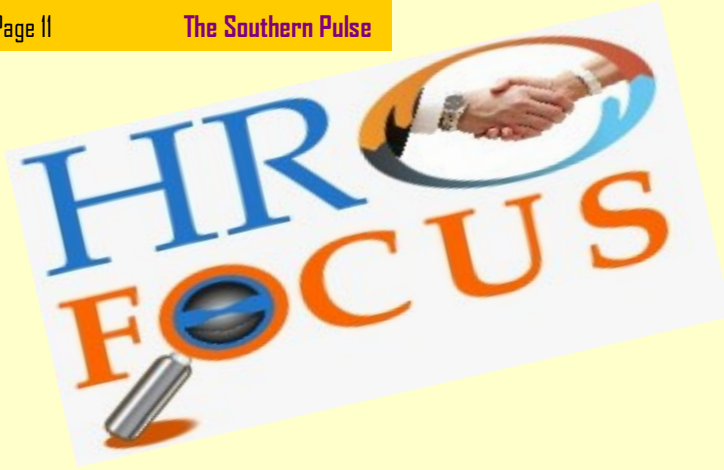
IF OLIVE OIL IS MADE OF OLIVES...THEN....

...BABY OIL IS MADE OF...

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 February edition to:

**Latoya Laylor Brown, Public Relations Officer**

Email: [latoya.laylor@srha.gov.jm](mailto:latoya.laylor@srha.gov.jm)

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