

JULY 2021



The Southern Pulse

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Jamaicans 18 Years And Over Can Make Appointments To Receive Vaccine

COVID-19

NOVEL CORONAVIRUS UPDATE

As of Friday, July 30, all Jamaicans aged 18 years and older will be able to make an appointment for the first and second doses of the coronavirus (COVID-19) vaccine.

Beginning at 10:00 a.m., persons will be able to register online at the Ministry's website, www.moh.gov.jm, or through the vaccination call centre at 1-888-ONE-LOVE (663-5683).

Meanwhile, some 300,000 doses of the AstraZeneca vaccine, donated by the United Kingdom, arrived in the island on Friday (July 30). The supply will facilitate the staging of a vaccine blitz on the weekend for both the first and second doses.

Addressing the Ministry's virtual COVID Conversations press briefing on Thursday (July 29), Portfolio Minister, Dr. the Hon. Christopher Tufton, urged Jamaicans to take this opportunity to get vaccinated.

"The AstraZeneca vaccine is the world's most popular vaccine and, indeed, enough time has elapsed to show that it is safe... . Approximately 300,000 Jamaicans have taken at least one dose, and so no one should have any fear about taking the vaccine," the Minister said.

Meanwhile, Permanent Secretary in the Ministry, Dr. Dunstan Bryan, said the Ministry will be increasing the number of vaccine sites to accommodate more persons. "As part of achieving the objective of being in as many locations as possible to create greater access, the Ministry, through its regional health authority and its parish health departments will be establishing several venues through which individuals can access vaccines," he said.

Some 1.4 million doses of vaccine are expected by the end of September.

Credit: The Ministry of Health & Wellness

Staff Highlight

Chapelton Hospital Staff Feted at Staff Social

Staff members at the Chapelton Hospital in Clarendon were recently treated at a staff social where they enjoyed games, prizes and surprises, gifts and a delicious meal.

Please see below photo highlights.



Staff Highlight

Dahlia Plunkett Releases her Book, Valley Flower

SRHA Regional Food Safety Coordinator, Dahlia Plunkett believes that “the valley isn't the enemy. Great and beautiful things can emerge from it”. In her book, Valley Flower, the author styled, D.R. Plunkett shares her story and offers biblical and practical strategies to break cycles of fear, self deprivation, poverty and insecurity. She says the book will enable persons to break cycles and breakthrough to the life God designed for him or her.

She explains that the book shows that persons are not alone in their struggles, however, breakthrough and victory is possible. The book, which was launched on July 16, will give you the secrets of thriving in the valley. Please see below photo highlights.



Staff Highlight

Blood Pressure Machine Boost



The National Housing Trust Mandeville branch donated \$100,000.00 to the Southern Regional Health Authority. The money was used to purchase 13 much needed blood pressure machines for the region.

The accurate measurement of blood pressure (BP) is an important diagnostic and monitoring tool in a wide range of clinical conditions. Good practice is essential when measuring BP to ensure abnormalities are identified and patients receive the correct treatment and care in a timely manner.

SRHA Resource Mobilization Officer, Barbara Ellington is pictured above with the machines at the SRHA Regional Office on July 5, 2021.

*Fancy Restaurants Be Like:
Pot-boiled d'umpling dê la
butta'*



The Lighter Side





Vera Prince

**Hospital Attendant
Chapelton Community Hospital**

“I Love my job”



Many persons are happy to get a day's break from work, but for Vera Prince, she is unhappy when she gets a day off.

“I love my job dearly and I wouldn't change it. I have dedicated myself to my job because I prayed for it and God blessed me with it” Vera says.

She notes that she has been working with the Chapelton Hospital since January 2003 and has loved the experience, even though it has come with challenging times.

As a Hospital Attendant, she explains that she is responsible for cleaning and sanitizing the hospital's equipment and infrastructure among other responsibilities.

One of the requirements of a Hospital Attendant is for the person to communicate effectively and Vera has used this ability to develop a good rapport with patients. She explains that patients also don't want her to take a break from work and seeing her at work makes them feel better.

“I have been told that I have been blessed with a smile that makes others feel better. One day I was at work and this lady saw me and said because of my smile she felt better. Patients also encourage and pray for me because they are thankful for how they are treated” Vera adds, noting that her rapport with patients is a motivation to her.

Describing herself as trustworthy, honest and one who loves to laugh and give jokes, Vera tells the Pulse that one of the most important life lesson she has learnt is how to be strong to withstand the challenges of life.

“I tell myself that if Jesus went through this, why cant I go through this. Whenever I am faced with life's challenges, I fast and pray. God knows that I can walk through the fire” Vera says.

This passionate Hospital Attendant loves to work with her colleagues and notes the importance of good communication among peers in order for the workplace to be successful.

“Through the grace of God, we will continue to go safely through this pandemic and Lord will continue to bless us” Vera believes.

She shares that she is a proud and happy mother of four children and five grandchildren.

A Closer Look at Your Department

Chapelton Community Hospital Hardworking Attendants



The Attendants at the Chapelton Community Hospital.

Teamwork is essential to the success of any organization. For public health, it is no different and all categories of staff contribute to the organization providing quality and efficient public health care.

At the Chapelton Community Hospital in Clarendon, the Attendants are tasked with several responsibilities, however some of their primary functions are: keeping the building and environment clean and for the males, transporting patients within the health facility.

The team is described as hardworking and responsible and has been crucial in the fight against the COVID-19 Pandemic as they are tasked with maintaining the cleanliness of the environment and building.

Some of the team's other responsibilities include: ensuring the facility is opened on time, maintaining the order in the waiting area and laundry services.

The Chapelton Hospital salutes this team for its dedication as they continue to play their part in the success of the organization.

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

DISASTER PREPAREDNESS



Plan



Prepare



Recover

COVID DELTA VARIANT

NEW SYMPTOMS TO LOOK OUT FOR



Diarrhoea



Blocked/Runny Nose



Aching Muscles



Long-lasting Headache



Vomiting



Sore Throat



Tired and Unwell

IF IN DOUBT TAKE A TEST

MANCHESTER
CITY COUNCIL

NHS

HOW & WHEN TO WASH YOUR HANDS

/// COVID-19



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

SUBMIT AN ARTICLE

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

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HR And You:

"COPING WITH COVID-19"

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.

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.

- **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