

Health Team Takes Food Safety Message to the Streets



Some of the Public Health Inspectors during the road show in the town of Mandeville to educate members of the public about food safety.

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In the News: Southern Regional Health Authority

Health Team Takes Food Safety Message to the Streets



Public Health Inspectors engaging a member of the public about the importance of food safety.

Scores of public health inspectors and healthcare workers from the parishes of Clarendon, St. Elizabeth and Manchester flooded the town of Mandeville in Manchester, to educate residents about the importance of food safety, in commemoration of World Food Safety Day.

World Food Safety Day was commemorated worldwide on Tuesday, June 7, 2022, under the theme, “Safer Food Better Health”. The team used the opportunity to educate the public through a road show, where brochures and educational materials were distributed.

“We are giving the public an opportunity to talk with us and have their questions and concerns addressed. One of the things we want to highlight is that food safety begins from the home and while we are going out on the streets to talk to the food handlers

and persons from the food establishments, we want to also engage with the everyday person so that they can understand that they too can be a part of the process,” Regional Food Safety Coordinator from the Southern Regional Health Authority (SRHA), Dahlia Plunkett said.

Ms. Plunkett, who is also the organizer of the event noted that one of the objectives of the day’s event was to share easy food safety tips with persons.

“We want to share with them simple things such as proper handwashing between tasks; washing fruits and vegetables before consuming them; cooking foods properly and how to prevent multiplication of organisms, what we call germs; separating raw foods and cooked foods, just some simple things that they can do keep themselves and their families safe” Ms. Plunkett added.

Regional Director of the SRHA, Michael Bent explained that food safety is a personal responsibility, which everyone should take seriously.

“In the southern region, more than four thousand food establishments are registered and the team of 90 Public Health Inspectors have been ensuring that consumers eat safe food. Food safety is one of the critical things in ensuring a person’s health and we take it as an important and critical part of the duties of the Regional Health Authority. We ask the public to take food safety very serious to protect themselves from food-borne diseases or injuries caused by the consumption of unsafe food” Mr. Bent said.

The Public Health Inspectorate body also hosted a capacity building training seminar on Monday, June 6, to enhance partnerships with stakeholders, in an effort to enhance food safety in the interest of public health.

In the News: Southern Regional Health Authority

Black River Hospital Institutes Programme to Mentor Child From Birth

The Black River Hospital in St. Elizabeth has launched the New B.I.R.T.H. (Beginning In Restoring Trust and Hope) Mentorship Programme, designed to mentor and touch the life of a child born on one's birthday.

Inservice Education Nurse at the BRH, Dorcia Brown-Lyle who conceptualized the programme, explained that the initiative will allow persons to give back to a child born on their birthday in simple ways.

"This might sound simple but it involves touching another life. You may give a simple gift like gift baskets, gift certificates, books to encourage literacy or if you are pressed to do an education fund for a child, you may also do that as you are not limited in what you do. The initiative involves touching the life of another person who was born on your special day" Nurse Brown-Lyle said.

She added that the programme will begin among employees at the BRH, who have been encouraged to provide support for teenage mothers; encourage exclusive breastfeeding for infants for the first six months of life and also encourage parents to visit health centres or private practitioners for follow-up care for infants.

Persons who are interested in participating in the programme can dialogue with the nurse managers at public hospitals in Clarendon, Manchester and St. Elizabeth and decide the role they would like to play in the child's life.

For SRHA Regional Director, Michael Bent, the programme is a welcomed one, given what is happening in today's society.

"This will be a wonderful programme because we are in a society where there is so much despair and lack of trust, not just in adults, but in family members. Children are losing trust of their parents; parents losing hope in their children, its everywhere and we are seeing it manifested so often in the antisocial behaviours around the country. I want to commend you Nurse Brown-Lyle for a wonderful initiative and what a better place to start than at birth. Before they get any exposure anywhere that young child has the support; that mother who may not have any support from other family members and that father who may be hopeless and confused will have the support of the hospital. Someone will be there to say I am restoring hope in this child because we are here to mentor him or her throughout their life" Mr. Bent said.

Mr. Bent added that he hopes the programme will be spread throughout the country to become transformative in the lives of many families.

Meanwhile, the Inservice Education Department used the opportunity to hand over items to the hospital, purchased from their fundraising activities. The department purchased a centrifuge for the hospital's laboratory, valued at more than J \$400,000.00. The department has donated more than one million in equipment and supplies to the hospital.



The BRH is beneficiary of a centrifuge, courtesy of its Inservice Education Department, and the pilot of the New BIRTH Mentorship Programme. Photographed here are: (left to right): SRHA Regional Director, Michael Bent; CEO for the BRH, Diana Brown-Miller; SRHA Regional Medical Technologist, Donovan Leon and conceptualizer of the mentorship programme, BRH Inservice Education Nurse, Dorcia Brown-Lyle.

Facilities on the Move

Health Department Provides Platform to Recognize, Mentor and Equip Fathers



Some of the fathers who participated in the forum.

Since 2016, the St. Elizabeth Health Department (SEHD) has been providing a platform for fathers to equip them with better parenting skills, mentorship opportunities and recognition for playing an invaluable role in the lives of their children.

After a break due to the COVID-19 Pandemic, some 50 fathers gathered at the St. Matthew's Anglican Church hall in St. Elizabeth on Thursday, June 30, for the fifth staging of the Fathers of Excellence Forum, focused on the theme, "Fathers Matter".

The initiative is the brainchild of Parish Medical Social Worker from the SEHD, Paul Smith, who explained that the forum has been highlighting the excellent work of fathers and also improving the performance of other fathers who need help.

The Medical Social Worker added that based on the evidences of various studies which have shown the impact of fatherlessness on society, fathers who are playing their roles must be found, acknowledged and empowered.

"The fathers look forward to this yearly event. We have not had it since the advent of the COVID-19 Pandemic and after two years we are now back face to face. The fathers have been quite participative and welcoming to the presentations geared towards improving their roles as fathers and highlighting their importance in the lives of their children. They really appreciate what is being done for them and I believe that it is time that fathers get the highlight and the importance that is due to them" Mr. Smith said.

He added that a support group and mentorship programme has been formed to support the fathers who need assistance.

For Everod Lewis, who has been a participant in the programme since its inception, the forum has had a tremendous and positive impact on him as a father.

"Over the years I have discovered fathers have been getting a bad rap and we have not been getting the milestone that we deserve as a result of those fathers who are reluctant to step up to their responsibilities. I think the good ones need to be an example especially for the young ones coming up. We all have different experiences and men don't tend to rap about certain things like women do and as we go along we have to be mindful that strengthening each other is an important factor in any development" Mr. Lewis said.

Mr. Lewis, who is also the Chief Public Health Inspector for St. Elizabeth added that oftentimes men don't realize the importance of being a father and need directions.

"There is hardly a book that is written to say that this is what you ought to do or what you shouldn't do and as a result I want to be a contributing factor to men being better. For the last six years, the impact has been tremendous on me" Mr. Lewis said.

Facilities on the Move

SRHA New Employee Assistance Programme



Nicolette Thomas Edwards, SRHA Director, Human Resource Management & Development (centre) and Dr. Ainsley Deer, Clinical Psychologist & Director of Training Dynamics & Consultants Ltd. (2nd right) are pictured here with the contract to outsource the SRHA Employee Assistance Programme. Sharing in the moment are: Simone Hibbert, SRHA Senior Human Resource Officer (Staff Welfare-left), Stacey-Ann Edwards, SRHA Director, Public Procurement (2nd left) and Alaine Munroe, SRHA Manager, Employee Relations & Wellbeing.

The past two years, as a result of the pandemic and our continuous fight against Covid-19, have been quite overwhelming. The Human Resource Management and Development Unit is aware that based on evidence, there is a great need to examine our current Employee Assistance Programme and offer expanded counselling and psychotherapy services not only to employees but our employees' families and dependents.

The Southern Regional Health Authority (SRHA) is pleased to announce that we have outsourced our Employee Assistance Programme (EAP) and have partnered with Training Dynamics & Consultants Ltd. which has a team composition of twelve (12) experts led by Dr. Ainsley Deer, Clinical Psychologist M.Sc., M.Phil, PH.D. We recognize that employees may from time to time experience stress, trauma or other life events that affect both their personal and work lives as well as their overall quality of life. The SRHA EAP offers confidential professional assessment and referral assistance for employees and their families to help them address such challenges.

We take this opportunity to thank our internal Counsellors who were instrumental in providing counselling over the years for staff when we launched the programme years ago. Your commitment and dedication to this programme have not gone unnoticed.

To begin the process of administering this new programme, Dr Deer and his team will be administering a 'Stress Test' to staff members. This is by no means mandatory however we are encouraged to do this test. The 'Stress Test' will assess how well as individuals we are performing in the work world, personal world and how we manage these worlds; thinking and feeling patterns and the signals of stress (physical, behavioural and emotional), based on our coping skills. Based on the results of the stress test various options will be offered to staff to receive therapy.

Please be made aware that Dr. Ainsley Deer, a Clinical Psychologist, and his team of clinicians from Training Dynamics and Consultants Limited (TD&C) are now available to you and can be reached at any of the following numbers:

- 876-451-5151 (**24 hours daily and on WhatsApp**)
- 876-969-0128/0726 (9:00 a.m. — 5:00 p.m. from Monday to Friday)
- 1-678-791-4583 (from the USA and Canada)
- 011-44-115-718-0404 (from the UK/Europe)

If you do not want to call directly please feel free to request from HR, your Supervisor or anyone you are more comfortable with to make an appointment for you and the Counsellors will contact you instead.

Examples of life issues for which you may receive support from an EAP professional include but not limited to:

- Depression, anxiety and other mood disorders
- Relationship or family problems including divorce and abuse
- Substance abuse (e.g. drugs, alcohol) and other addiction problems
- Health related concerns
- Job-related stress or anxiety

It is important to note that there is no cost to you or your family member for these services and we want to emphasize that participation in the programme is completely confidential and is encouraged.

As we celebrate Healthcare Workers Appreciation Month, the decision to outsource this programme, is just another way of SRHA showing how much we care and value our team members and ensuring that psychosocial resources are readily available to you.



Dr. Keron Williamson

**Medical Officer
Lionel Town Hospital, Clarendon**

“Touching the lives of others is a win for me”



Her road to becoming a medical doctor was not an easy one; in fact Keron Williamson overcame many unforeseen hurdles and obstacles to achieving her greatest accomplishment thus far. For her, utilizing this achievement to touch the lives of many in a positive and meaningful way is a win for her.

Dr. Williamson began working with the Southern Regional Health Authority only four years ago as an Intern, but has been making strides and functioning notably as a Medical Officer at the Lionel Town Hospital in Clarendon.

As a Medical Officer, Dr. Williamson has several responsibilities including; patient assessment and management in the Accident and Emergency department and also on the general wards including the Covid/Isolation Unit.

When questioned about her journey working with the SRHA, Dr. Williamson describes it as rewarding; however, she adds that it has also been challenging; compounded by the COVID-19 Pandemic.

She shares with the Southern Pulse that she is guided by the philosophy, “Little is much when God is in it” and believes that her best is yet to come as she is just getting started.

She explains that she is inspired to do her best by her family, in addition to the persons who have impacted her positively as she climbed the proverbial ladder of success. She adds that the most important life lesson she has learnt is: “patience is not the ability to wait but the ability to keep a good attitude while waiting”.

Described as humble, tenacious and accountable, Keron sees herself settled in her career as a consultant internist in the next five years making her mark on the international platform. This gregarious and tactical medical doctor also foresees herself being a devoted wife, mother, serial entrepreneur and a trailblazer for Jesus.

She is encouraging her colleagues to: “keep up with the changing times in healthcare to provide the best standard of care to patients but moreover, take care of you.”

She is skilled in playing netball and in acting and desires for Jamaicans to return to their first love-God and live up to our national pledge.

Her favourite actor is Jason Statham and singer Fantasia Barrino.

**LIONEL TOWN HOSPITAL
DIETETICS DEPARTMENT**

DEPARTMENT SPOTLIGHT



(Left to right-front row): Latoya Griffitts-Davis-Preparation Cook; Mechika Falconer, Assistant Dietitian; Kimone Ricketts, Assistant Cook.

(Left to right-back row): Keron Simmonds, Male Attendant; Yaneik Singh, Preparation Cook; Beverley Harriotte- Lynch, Head Cook.

The Department of Dietetics at the Lionel Town Hospital in Clarendon is responsible for the hospital dietetics services and goes beyond merely the provision of meals to satisfy hunger of patients admitted to the hospital.

Hospital diets are therapeutic and aim to improve patient health and restore patients to normal activity and an optimum state of well-being.

The key roles of the department includes: provision of nutritious, palatable, attractive and safe meals to patients based on their respective medical condition; integration of the medical aspects of food and nutrition in disease prevention and control and development and implementation of health promotion

activities to improve the quality of life for members of staff, clients and the wider community.

The department has a staff complement of 6 hardworking and dedicated officers which includes: one Assistant Dietitian; one Head Cook; one Assistant Cook; two Preparation Cooks; and one Male Attendant.

The supervisory team has implemented several team building and motivational initiatives to promote collaboration, interpersonal relationships and teamwork; encourage team communication to ensure that no team member feels left out; ensure quality of work life balance; facilitating opportunities for informal learning and knowledge sharing through in house training, and staff Christmas dinner in December. Quarterly staff meetings are held to allow staff to express concerns on common issues affecting or influencing their performance on the job and as training needs assessment tools.



**ST. ELIZABETH HEALTH SERVICES
COVID-19 FIXED VACCINATION SITES**



- Santa Cruz Health Centre (10:00 a.m. - 3:00 p.m.) Mondays (4th)



- Santa Cruz Health Centre (10:00 a.m. - 3:00 p.m.) Tuesdays (1st, 3rd)
- Junction Health Centre (10:00 a.m. - 3:00 p.m.) Tuesdays (1st)



- Junction Health Centre (1:00 p.m. - 3:00 p.m.) Thursdays (3rd)
- Maggoty Health Centre (10:00 a.m. - 3:00 p.m.) Thursdays (1st, 2nd, 4th)
- Black River Health Centre (10:00 a.m. - 3:00 p.m.) Thursdays (2nd)
- Balaclava Health Centre (10:00 a.m. - 3:00 p.m.) Thursdays (1st, 2nd, 4th)



- Santa Cruz Health Centre (10:00 a.m. - 3:00 p.m.) Fridays (2nd)
- Junction Health Centre (10:00 a.m. - 2:00 p.m.) Fridays (2nd, 4th)
- Black River Health Centre (1:00 p.m. - 3:00 p.m.) Fridays (1st, 3rd, 4th)
- Balaclava Health Centre (10:00 a.m. - 3:00 p.m.) Fridays (4th)
- Southfield Health Centre (10:00 a.m. - 3:00 p.m.) Fridays (1st, 2nd, 3rd)

Disaster Preparedness Tips

SRHA Fixed Sites



**CLARENDON HEALTH SERVICES
COVID-19 FIXED VACCINATION SITES**



- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.), Mondays (2nd, 4th)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Mondays (1st, 2nd, 3rd, 4th)



- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.)
- Lionel Town Health Centre (10:00 a.m. - 3:00 p.m.)



- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Wednesdays (2nd & 3rd)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.), Wednesdays (2nd & 4th)



- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- May Pen Health Centre (1:00 p.m. - 3:00 p.m.), Thursdays (1st, 2nd & 4th)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Thursdays (1st, 2nd & 4th)



- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.) Fridays (1st, 2nd, 4th)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Fridays (2nd & 4th)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.) Fridays (2nd)



**MANCHESTER HEALTH SERVICES
COVID-19 FIXED VACCINATION SITES**



- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Mandeville Comprehensive Health Centre (1:00 p.m. - 3:00 p.m.) Mondays (1st, 2nd & 3rd Mondays)
- Porus Health Centre (1:00 p.m. - 3:00 p.m.)



- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Christiana Health Centre (1:00 p.m. - 3:00 p.m.)



- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Mandeville Comprehensive Health Centre (1:00 p.m. - 3:00 p.m.)
- Newport Health Centre (2:00 p.m. - 3:00 p.m.)
- Cross Keys Health Centre (1:00 p.m. - 3:00 p.m.)
- Mile Gully Health Centre (1:00 p.m. - 3:00 p.m.)



- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Mandeville Comprehensive Health Centre (1:00 p.m. - 3:00 p.m.) Thursdays (1st, 2nd & 4th Thursdays)



- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)

Wellness Bytes

"Types of Vaccine"

Credit:
Ministry of Health &
Wellness



Health & Wellness



- Age Range: 18+
- Efficacy: 90%
- Technology: Viral Vector
- Doses: 2
- Frequency: 8-12 Weeks
- Proven safe and effective



- Age Range: 18+
- Efficacy: 92%
- Technology: mRNA
- Doses: 2
- Frequency: 4 Weeks
- Proven safe and effective



- Age Range: 12+
- Efficacy: 95%
- Technology: mRNA
- Doses: 2
- Frequency: 3 Weeks
- Proven safe and effective



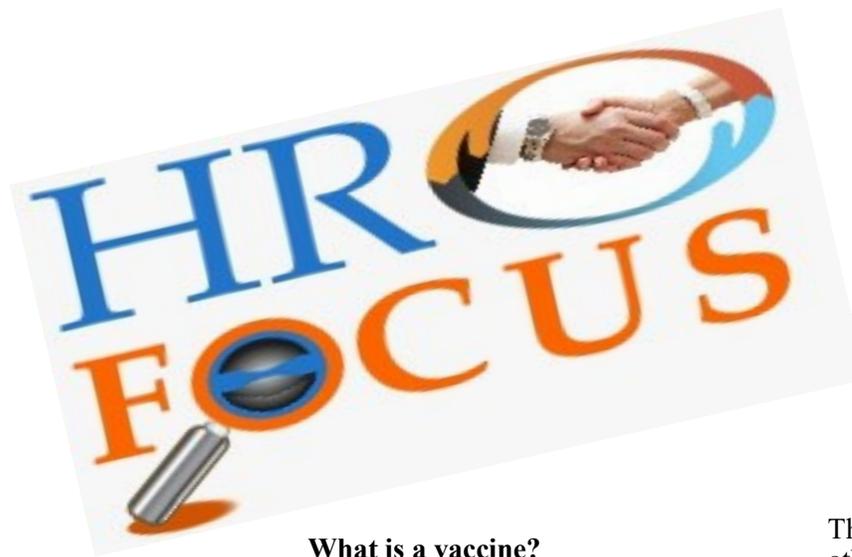
- Age Range: 18+
- Efficacy: 85%
- Technology: Viral Vector
- Doses: 1
- Frequency: N/A
- Proven safe and effective



- Age Range: 18+
- Efficacy: 79%
- Technology: Inactivated Virus
- Doses: 2
- Frequency: 4 Weeks
- Proven safe and effective



- Age Range: 18+
- Efficacy: 51%
- Technology: Inactivated Virus
- Doses: 2
- Frequency: 4 Weeks
- Proven safe and effective



What is a vaccine?

A vaccine is a type of medicine that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from the disease.

How do vaccines work?

Vaccines work with your body's natural defense to build protection. When vaccinated, your immune system is able to:

- Recognize the invading germ (e.g. virus or bacteria).
- Produce antibodies that fight and destroy the germ before you become unwell.

How vaccines help

Vaccines contain weakened or inactive parts of a particular organism (antigen) that triggers an immune response within the body. Newer vaccines contain the blueprint for producing antigens rather than the antigen itself.

Regardless of whether the vaccine is made up of the antigen itself or the blueprint so that the body will produce the antigen, this weakened version will not cause the disease in the person receiving the vaccine, but it will prompt their immune system to respond much as it would have on its first reaction to the actual pathogen.

Herd immunity

When someone is vaccinated, they are very likely to be protected against the targeted disease. But not everyone can be vaccinated. People with underlying health conditions that weaken their immune systems (such as cancer or HIV) or who have severe allergies to some vaccine components may not be able to get vaccinated with certain vaccines.

HR And You:

"VACCINES"

These people can still be protected if they live in and amongst others who are vaccinated. When a lot of people in a community are vaccinated the pathogen has a hard time circulating because most of the people it encounters are immune.

So the more that others are vaccinated, the less likely people who are unable to be protected by vaccines are at risk of even being exposed to the harmful pathogens. This is called herd immunity.

This is especially important for those people who not only can't be vaccinated but may be more susceptible to the diseases we vaccinate against.

No single vaccine provides 100% protection, and herd immunity does not provide full protection to those who cannot safely be vaccinated. But with herd immunity, these people will have substantial protection, thanks to those around them being vaccinated.

Credit: World Health Organization

SUBMIT AN ARTICLE

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

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Why you shouldn't wait until retirement to start traveling



The Lighter Side

