



The Southern Pulse



Laser Treatment for Diabetic Retinopathy to Begin at Mandeville Regional Hospital in July

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In a matter of weeks, laser treatment for diabetic retinopathy which is sight threatening complications caused by uncontrolled diabetes, will begin at the Ophthalmology Clinic at the Mandeville Regional Hospital (MRH).

The announcement comes on the heels of the visit of Chief Executive of The Queen Elizabeth Diamond Jubilee Trust, Dr. Astrid Bonfield to the Clinic on May 31. The Queen Elizabeth Diamond Jubilee Trust which is a charitable foundation established in 2012 to mark and celebrate Her Majesty The Queen's sixty-year contribution to the Commonwealth, provided funding for several equipment at the Ophthalmology Clinic for the treatment of Diabetic Retinopathy.

Preparations are being made to begin the services in July for persons who need laser therapy due to Diabetic Retinopathy which can cause blindness or complicated vision.

Dr. Bonfield who is visiting Jamaica for the first time noted that she was impressed by the work that has been done at the Ophthalmology Clinic. "It is exciting to see

Dr. Bonfield (right) inquires about a Combination Systems Unit which checks for refraction and curvature of the cornea. Photographed are: (left to right) Acting Sister in charge of the Clinic, Nurse Janett Bonner-Waugh, CEO of the Mandeville Regional Hospital, Mr. Alwyn Miller, Chairman of the Southern Regional Health Authority, Mr. Wayne Chen and CEO of the Caribbean Council for the Blind, Mr. Arvel Grant (hidden).

how the Clinic has been set up and the determination of the staff in providing services for the local population" she added.

She was given a firsthand look at how Phase 1 of the Caribbean Diabetic Retinopathy Screening and Treatment Project in Jamaica is being executed in the southern region. Clinics have been established at the MRH and Black River Hospital, the Manchester Comprehensive Clinic with plans being made for a Clinic at the May Pen Hospital.

In January, an Ophthalmology Clinic and Operating Theatre was officially opened at the MRH valued at J\$88.85 million.

In the News: Southern Regional Health Authority

Mandeville Regional Hospital Encouraged to Continue Change in Culture of Blood Donation

With the successful staging of the “One Love, One Blood” Donation Drive on May 30, the Mandeville Regional Hospital is encouraged to continue the process of changing the culture of blood donation through several initiatives.

Some of the plans that the Hospital will undertake include an analysis of the Blood Drive to make plans for the future; modification of the opening hours and additional staffing of its Blood Collection Centre; renovation to the existing Blood Unit with consideration for an improved and larger site for a future Blood Bank in addition to continued public education.

CEO for the Mandeville Regional Hospital, Alwyn Miller explained that the Hospital’s primary focus is changing the present culture of blood donation in the parish and by extension Jamaica with the aim of persons becoming voluntary and regular donors.

“We want to build the capacity of the Blood Collection Centre through additional staffing and human resources in addition to the extension of its opening hours. The change in hours is to accommodate blood donations beyond traditional work hours and during lunch time. The hours have been modified to 8:00 a.m. to 8:00 p.m. from its original hours of 8:00 a.m. to 4:00 p.m.” Mr. Miller explained.

Chairman of the Southern Regional Health Authority Board, Mr. Wayne Chen in highlighting the importance of blood in saving lives appealed to persons to put aside fear and indifference and make regular blood donation their responsibility. Mr. Chen who is a regular blood donor made his donation on the day.

Over 150 units of blood were collected at the event.



Chairman of the Southern Regional Health Authority Board, Mr. Wayne Chen (left) and Consultant Orthopaedic Surgeon at the Mandeville Regional Hospital, Dr. Steve Mullings in discussion after donating blood at the One Love, One Blood Drive.

In the News: Southern Regional Health Authority

Physical Activity Being Used to Tackle Lifestyle Diseases...National Observance Commemorated on May 10

Research has shown that there is a strong association between the emerging epidemic of Chronic Non-Communicable Diseases (CNCDs) and lifestyle choices and for this reason, the Ministry of Health is encouraging the public to use physical activity to prevent, reduce and control the risk factors associated with these diseases.

Each year, in an effort to promote physical activity among the population, the Ministry of Health commemorates Move for Health Day, an international event created in 2002 by the World Health Organization to promote physical activity.

The Move for Health Day commemoration provides an opportunity to generate public awareness of the benefits of physical activity in the prevention of non-communicable diseases in addition to promoting healthy behaviours and lifestyles and address health-related issues through sports and physical activity.



Minister of Health, Dr. the Hon. Christopher Tufton engages in a physical activity session with Kamilla McDonald, the Ministry's ambassador of physical activity.



Clarendon hosted the national Move for Health Day on Tuesday, May 10, 2016 under the theme, "Get in the Groove and Work With the Move".

The day's events included a 3K Run/Walk from the May Pen Hospital through the town of May Pen followed by the opening ceremony on the grounds of the Bargain Village Plaza. Other activities included free health checks, games, culinary competitions, 'dancercise', a concert and physical activity sessions throughout the day.

Regional Director for the Southern Regional Health Authority, Mr. Michael Bent shows off his football skills.

In the News: Southern Regional Health Authority

Inaugural Nursing Symposium Challenges Nurses to do What is Right at all Times



A group of nurses and nursing students at the Symposium at the Golf View Hotel in Mandeville.

At a time when nurses are challenged to give of their best, one noted educator is appealing to nurses to do what is right at all times and go beyond what is expected of them.

Principal of the Hampton High School, Mrs. Heather Murray made the challenge at the inaugural 2016 Nursing Symposium staged by the Southern Regional Health Authority senior nurses on Tuesday, May 31 at the Golf View Hotel in Mandeville.

Mrs. Murray told scores of nurses gathered at the Symposium that nursing demands great care but excellence in nursing demands even greater care.

The Principal reminded the nurses of

the great contribution of the Jamaican nurse, Mary Seacole who cared selflessly for British soldiers at the battle-front during the Crimean War. She challenged them to display this type of care at all times as “caring above all others is the essential feature of a nurse.”

Director of Human Resources and Industrial Relations at the Southern Regional Health Authority, Mrs. Nicolette Thomas-Edwards who delivered remarks on behalf of the Regional Director, Mr. Michael Bent said the SRHA is committed to nurturing a culture where nurses and other health professionals are motivated to do their best in caring for patients, caring for each other and in having pride in their profession.

The Symposium was staged under the theme, “Pathway to Excellence: Nurses and People in the Practice Setting” and facilitated sessions aimed at enhancing care delivery skills within the nursing profession. This was done through the presentation of research findings and lectures in areas of professionalism, personal health and wellness and health care and customer service.

Coordinator and Director of Nursing Services at the Mandeville Regional Hospital, Ms. Angela Thomas (right) is seen here with presenter and Principal of the Hampton High School, Mrs. Heather Murray.



Facilities on the Move

Mandeville Regional Hospital Improves Capacity Building for Medical Education



Regional Director of the SRHA, Mr. Michael Bent (foreground) and Dr. Ukala (partly hidden) unveil the sign to the Teaching Room on Friday, May 20. The room will be used to facilitate teaching medical students, conducting clinical meetings and reviewing medical journals in addition to formulating and executing research.

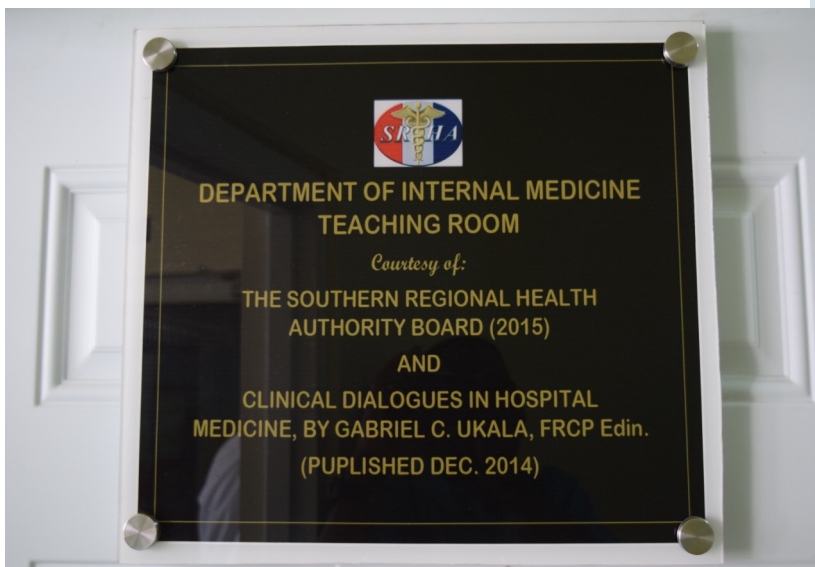
The Mandeville Regional Hospital (MRH) has now boosted its capacity for medical education through the opening of an Internal Medicine Teaching Room which will be used to teach medical students, conduct clinical meetings and review medical journals in addition to formulating and executing research.

The Teaching Room is co-sponsored by the 2014 Board of the Southern Regional Health Authority (SRHA) and proceeds from the book, “Clinical Dialogues in Hospital Medicine” by author Dr. Gabriel Ukala who is also a Consultant Physician and Head of Internal Medicine at the MRH.

Speaking at the opening of the Teaching Room on Friday, May 20, Regional Director of the SRHA, Mr. Michael Bent noted that the SRHA fully supports the initiative which will enhance the delivery of healthcare.

He added that he is confident that the use of the room will contribute to sharpening the skills of the Internal Medicine team. He reiterated the SRHA’s support for initiatives which seeks to enhance service delivery and patient care.

The book, “Clinical Dialogues in Hospital Medicine” is based on Dr. Ukala’s clinical experiences in Jamaica over the years and documents classical medical ward round proceedings. It is a clinical companion which provides clear, simple and systematic approaches to several difficult medical topics.



The Teaching Room sign.

Facilities on the Move

Manchester Promotes Physical Activity

The Manchester Health Department in an effort to generate public awareness of the benefits of physical activity in the prevention of non-communicable diseases, in addition to promoting healthy behaviours and lifestyles will hosted several activities on Thursday, May 5, 2016 under the theme, 'Get in the Groove and Work with the Move'.

Activities included: a walk-a-thon throughout the Town of Mandeville, launch ceremony which incorporated a grand 'Physical Activity & Cheerleading Session', educational sessions, health checks and traditional dances. See photographic highlights below:



Students performing traditional dances.



Chief Medical Officer of Health, Dr. Winston De La Haye delivers the keynote address.



Staff members promote healthy messages on a trailer during the walkathon.



George Sloley
Regional Environmental Health Officer,
Southern Regional Health Authority

“A Call to Public Health”



Meticulous, critical, dependable, environmentally conscious and conscientious are just a few words to describe George Sloley. Sitting at his desk he looks down on papers at his work station with the pride of a lion which has run well, a race set before him.

His journey began in 1992 when the now Southern Regional Health Authority (SRHA) was the Southern Health Administration. He has served in the capacities of Public Health Inspector, Chief Public Health Inspector, Veterinary Public Health Inspector, Veterinary Public Health Inspector Supervisor, Parish Manager for St. Elizabeth, Acting Parish Manager for Manchester and now as Regional Environmental Officer where he formulates and develops environmental health programs for the region among other things.

For this experienced public servant who holds a Masters Degree in Public Health among several other qualifications in epidemiology, environmental enforcement, sanitary landfill operations, meat and poultry inspection and food inspection services; mentoring and speaking to young Public Health Inspectors to ensure that they blaze a trail of greatness is a delight.

He has been dedicated to any task entrusted to him and not once has he been found lacking. He recalls one of his greatest joys as his involvement in an intervention which rid the town of Mandeville of rat infestation in 1995. This, he said was achieved through community participation and an inter-sectoral approach.

He describes his calling to the field of public health as nothing short of a divine intervention as he was on mandatory National Youth Service as a teacher when a male student came into the classroom and showed him an advertisement in the newspaper inviting persons to sign up for the West Indies School of Public Health. He signed up immediately and graduated in November 1976 where his feet was planted in Manchester in December 1976 as a Public Health Inspector by the Manchester Parish Council which was responsible for their employment. From there on he began to sprout roots that would ensure his legacy would forever be cemented in the history books of Manchester's public health.

As he reflected on his life journey, he points out that if he were to have chosen another profession, he would be referred to today as Pastor Sloley. He notes that when times get rough and he needs a boost, his faith in God coupled with a fierce determination not to fail his family keeps him going. He describes his biggest achievement to date as “seeing his children grown and educated”. George Sloley has learnt many lessons on life's rugged pathway but one thing that stands out for him is that “we cannot do it by ourselves, we don't have control over a number of factors in life but time governs all”.

When asked what advice he would give to his colleagues he says: “Whatever you do, do it to the best of your ability. Never cut corners, access what you have and see how best you can use it and never dwell on negativity because you will become what you think”. As a lover of plants, if you are to visit Mr. Sloley on a weekend, you would find him reconnecting with nature as he gardens.

Credit: Taj-Marie Whyte, Public Relations Intern, Northern Caribbean University/Latoya Laylor Brown

Staff Highlight

Launch of Good Health Begins at Home Initiative

Research has shown that the majority of public health and social challenges including crime and violence have their genesis in fractured families. In this context, the Southern Regional Health Authority in partnership with the National Association for the Family has pioneered an initiative titled, “Good Health Begins at Home”.

The initiative which is aimed at empowering parents and caregivers to nurture a stable and happy home environment to establish a solid foundation during the early years of children for healthier wellbeing throughout their life course was launched on Friday, May 13 on the lawns of the Southern Regional Health authority. See photographic highlights below:



Minister of Health, Dr. the Hon. Christopher Tufton (centre) in discussion with Regional Director of the Southern Regional Authority (SRHA), Mr. Michael Bent (left) and Regional Technical Director of the SRHA and pioneer of the initiative, Dr. Michael Coombs.



A group from the Knox Community College perform a dub piece.



Students from the Villa Road Primary & Junior High School perform the 'Good Health Begins at Home' jingle.



Acting professionally really means doing what it takes to make others think of you as reliable, respectful, and competent. Depending on where you work and the type of job you have, this can take on many different forms.

There are, however, quite a few common traits when it comes to being professional. This includes the following:

1. Competence. You're good at what you do – and you have the skills and knowledge that enable you to do your job well.
2. Reliability. People can depend on you to show up on time, submit your work when it's supposed to be ready, etc.
3. Honesty. You tell the truth and are upfront about where things stand.
4. Integrity. You are known for your consistent principles.
5. Respect For Others. Treating all people as if they mattered is part of your approach.
6. Self-Upgrading. Rather than letting your skills or knowledge become outdated, you seek out ways of staying current.
7. Being Positive. No one likes a constant pessimist. Having an upbeat attitude and trying to be a problem-solver makes a big difference.

HR And You:

10 Ways To Be Professional

8. Supporting Others. You share the spotlight with colleagues, take time to show others how to do things properly, and lend an ear when necessary.

9. Staying Work-Focused. Not letting your private life needlessly have an impact on your job, and not spending time at work attending to personal matters.

10. Listening Carefully. People want to be heard, so you give people a chance to explain their ideas properly.

Credit: www.monster.ca/career-advice



We welcome your input, please submit your articles and feedback to:

latoya.laylor@srha.gov.jm

Deadline: June 30, 2016

Staff Highlight

Southern Regional Health Authority Staff Begins Physical Activity Programme

The staff of the Southern Regional Health Authority and its facilities has revamped its physical activity programme. Exercise sessions are from Mondays to Fridays at 5:15 p.m.

See below photographic highlights:



Wellness Bytes:
Healthy Eating...
Active Living



Jamaica has developed eight (8) Food Based Dietary Guidelines aimed at promoting healthy behaviours and practices that will help the population to make healthy food choices.

Please see below the eight guidelines:

1. Eat a variety of fruits from all the food groups daily.
2. Eat a variety of fruits daily.
3. Eat a variety of vegetables daily.

4. Include peas, beans and nuts in your daily meals.

5. Reduce the intake of salty and processed foods.

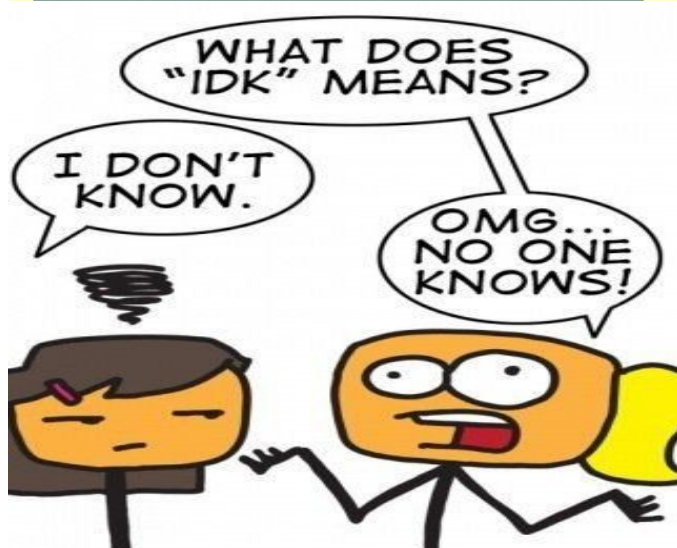
6. Reduce intake of fats and oils.

7. Reduce intake of sugary foods and drinks.

8. Make physical activity a part of your daily routine.

Credit: Food Based Dietary Guidelines for Jamaica, Ministry of Health

On the Lighter Side



Exercise sessions:
Monday to Fridays
Lawns of the SRHA
5:15 p.m.

Handing over of PROMAC equipment
Friday, June 24, 2016
Mandeville Regional Hospital Greens
Time: TBA

Manchester Wellness Foundation 5K Run/Walk
July 2, 2016
Email: latoya.laylor@srha.gov.jm for additional information

Laparoscopic Conference
Friday, June 24, 2016
Percy Junor Hospital
8:00 a.m.