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Initiative to Groom Young Males Poised to Change Landscape of Society

An intervention titled "Man-Up Jamaica- A Call to Healthy, Responsible Manhood" is being described as a movement that is poised to change the landscape of the Jamaican society.

Regional Technical Director of the Southern Regional Health Authority (SRHA), Dr. Michael Coombs who is the pioneer of the initiative noted that "Man-Up Jamaica" was conceptualized in 2015 as a component of the wider initiative, "Good Health Begins at Home", and was "developed from evidence showing that male related issues are linked to crime and violence including domestic and gender-based violence, substance abuse, sexual promiscuity and other issues which are having devastating effects on the social fabric of the country."

On Friday, February 10, some 300 young men between the ages of 12 to 25 years from high schools and colleges across central Jamaica and Kingston including schools from the inner-city, converged at the Kendal Camp and Conference Centre in Manchester for a second retreat which addressed key male related issues including the importance of fatherhood, families, marriage, self development and treating women with love, respect and non-violence.

An important strategic activity employed at the retreat was small group discussions on the key issues conducted by male facilitators/mentors led by Professor Brendan Bain, Coordinator of "Man-Up Jamaica".

The Regional Technical Director who is also the founder and chair of the National Association for the Family (NAF) said the intervention is a partnership between the SRHA, the NAF, the Ministry of Education, Youth and Information, the South East Regional Health Authority, the church and other stakeholders.

He added that going forward "Man Up Jamaica" will be introduced into schools, colleges and universities through clubs in addition to faith based organizations and community based youth clubs among others. There will also be ongoing retreats, workshops and camps targeting males. Dr. Coombs expressed the hope that this important initiative will receive fund-



Dr. Michael Coombs engages a group of young men.

ing support from corporate Jamaica.

Dr. Coombs noted that Jamaica's future is not only dependent on its leaders but more importantly on its males discovering their true identity and purpose. He encouraged the young men to share what they learnt with their peers and commit to becoming a new generation of men who will impact the society positively.



Young men from the Knox Community College perform a jingle about the importance of responsible manhood.

In The News: Southern Regional Health Authority

Healthcare Workers Challenged to Make Customer Service Number One Priority

“Make customer service our number one priority” is the challenge that Regional Director of the Southern Regional Health Authority (SRHA), Mr. Michael Bent has given to the senior management staff of the SRHA.

He made the appeal at a Leadership Luncheon which is the first in a series of leadership seminars geared towards motivating senior management staff to foster an environment that will allow their staff to be more innovative, creative and handle challenges better in order to create more efficiencies in improving quality care. The Seminar was held on Tuesday, February 7 at the Mandeville Hotel in Manchester.

Mr. Bent noted that the Authority has made some progress as it relates to customer service but added that there is much room for improvement.

In 2016, the SRHA introduced Customer Service Units at the Mandeville Regional Hospital in Manchester and the May Pen Hospital in Clarendon which Mr. Bent said has had an effective impact on the development of a service-oriented environment.

He added that for 2017, this Unit will be introduced to the Black River Hospital in St. Elizabeth noting that plans are underway for the introduction to other facilities within the region. Mr. Bent pointed out that the SRHA also has other customer service initiatives including training to certify staff in customer service which is ongoing, implementation of Customer Charters which aim to improve the quality of service offered by Hospitals and the promotion of information geared towards empowering customers to make improved decisions.

The Regional Director also charged the senior management staff to maintain their levels of efficiencies imploring them not to get complacent as there is no plateau in leadership. “We must continue to improve our levels of efficiencies throughout the organization, which must be done through greater levels of creativity and initiatives particularly in some of the processes and management of our human and financial resources. We need to forge more partnerships both locally and throughout the Diaspora and we must capitalize on establishing partnerships with churches, civic groups, community groups and local businesses to help us to improve our services” Mr. Bent said.

Mr. Bent also implored the staff to pay keen attention to accountability which should be at the forefront of their stewardship.

Chairman and CEO of Manpower and Maintenance Services Ltd. Mrs. Audrey Hinchcliffe who was the keynote speaker noted that to effectively cater to the health needs of citizens, not only is a “healthy budget required but healthy leadership.”

Mrs. Hinchcliffe who is a trained nurse who has worked in several capacities in the health profession told the staff that leadership is very powerful and implored them to use effective leadership to motivate internal and external persons in an effort to improve standards of service.



Chairman and CEO of Manpower and Maintenance Services Ltd., Mrs. Audrey Hinchcliffe responds to a question from a staff member while Chairman of the SRHA Board, Mr. Wayne Chen (left) and SRHA Regional Director, Mr. Michael Bent look on.



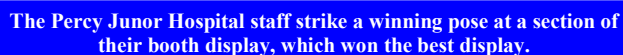
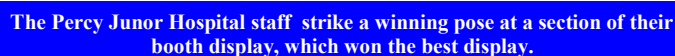
Medical Officer (Health) for Clarendon, Dr. Kimberly Scarlett-Campbell makes a point during the Leadership Seminar.

Scores of Residents Screened and Sensitized During World Cancer Day



She pointed out that one of the objectives of the initiative was to strengthen the utilization of the VIA (Visual Inspection with Acetic Acid) method for cervical cancer screening which resulted in the testing of 132 women.

Participants were also sensitized on cancers such as breast, prostate, ovarian, cervical, colon and lung and their prevention and management, which were also a part of booth displays. A well received food demonstration and sampling was also a part of the day's activities which was used to increase the awareness of the importance that healthy diet plays in the prevention of cancer.



In The News: Southern Regional Health Authority

Re-establish Marriages and Nuclear Families to Transform Communities...Regional Technical Director



Dr. Coombs addresses the Fathers and Families Conference.

Regional Technical Director of the Southern Regional Health Authority (SRHA), Dr. Michael Coombs is calling for the re-establishment of marriages and nuclear families, which he said must be done as a matter of urgency, for sustained transformation of communities in Jamaica and the Caribbean.

Dr. Coombs expressed the view in his keynote address to the 18th Annual Fathers and Families Conference on February 28 in California, USA, which was organized

by the Fathers and Families Coalition of America.

Dr. Coombs, who is also the Founder and Chair of the National Association for the Family (NAF) shared compelling evidence to support the call to strengthen weakened family structures noting that the evidence included the link suggested by research, between fractured, unstable families and the high levels of crime and violence, including violence against women and children, being experienced in Jamaica.

"With a homicide rate of 50 per 100,000 population, a 40 percent decline in marriages between 2005 to 2015, along with a 70 percent increase in divorce rates between 2005 to 2010, there is a undoubted link to the fact that almost nine out of ten births in Jamaica are to unmarried mothers, one of the highest out-of-wedlock birth rates in the world" Dr. Coombs said.

Dr. Coombs added that that based on this evidence, without a sustained, comprehensive National Programme, supported by requisite legislation and policies related to every aspect of the natural family, but in particular to re-establishing parental marriage and addressing the varying degrees of fatherlessness, the odds will be sharply stacked against success in the achievement of peace, health and prosperity in the communities and the society at large.

"While policing and social interventions are undoubtedly important in addressing community violence, poverty and pressing public health challenges in the short term; from compelling research-generated evidence, re-establishing parental marriage and the nuclear family, beginning with the provision of needed support for fathers and educating fathers-to-be, is arguably the most urgent need if there is to be sustained transformation of communities and the nation" Dr. Coombs said.

He told the audience that if the intergenerational cycles of crime and violence, including violence against women and children, teen pregnancies, sexual abuse, gang membership and in particular the plight of males, are to be broken, interventions targeting young men are most urgently needed.

Dr. Coombs informed the conference that in response, the Ministry of Health and the SRHA in partnership with the NAF, the Ministry of Education and Youth, the church and other partners, have implemented the initiative 'Man Up Jamaica – A call to Healthy, Responsible Manhood', targeting young males 12-25 years, and which is being piloted in south-central Jamaica.

He explained that the intervention is a part of the wider initiative, 'Good Health Begins at Home', also initiated by the SRHA, and aims to educate and empower young men about the importance of their role as husbands and fathers, commitment to family, responsibility in sexual conduct, self development and the need to treat females with respect and love.

Facilities on the Move

Mandeville Regional Hospital Group Takes on Sagcor Sigma Run

On Sunday, February 19, a group from the Mandeville Regional Hospital participated in the 2017 Sagcor Sigma Corporate Run. Proceeds from the Run will benefit several beneficiaries including the Mandeville Regional Hospital Paediatric Unit.

Please see below photographic highlights.





Veronica Miller-Richards

**Regional Health Records Administrator
Southern Regional Health Authority**

“Health Records Administrator Extraordinaire”



Many persons fear failure, perhaps because it is natural to desire success constantly, however, for Veronica Miller-Richards, failure is good because it shows that you have tried; nevertheless, she believes that with failure, “you must learn, accept it and move on.”

Serving as the Regional Health Records Administrator with several responsibilities including generating accurate and reliable patient information, providing leadership and direction to health records staff in the Southern Regional Health Authority, and establishing controls to ensure confidentiality of health records, Mrs. Miller-Richards describes her job as challenging, which is imaginable, however, for her it is also fulfilling and rewarding as “being able to achieve desired goals is a blessing.”

One would agree that this Regional Health Records Administrator is quite suited for the job, after all, she has been in health records for some 25 years. She began working as a Clerical Officer at the Manchester Health Department in 1992 until 1997, and then as a Health Records Technician in 1997 to 2005 when she was promoted to Regional Health Records Administrator, and where she continues to make her mark.

Guided by the 23rd Psalm which serves as daily motivation and assurance, Mrs. Miller-Richards shares some of her noted achievements with *The Pulse* which she notes includes serving as the Vice President of the Jamaica Medical Records Association since 2016 and the National International Federation of Health Information Management Association (IFHIMA) Director, Jamaica since 2016. She has also served as Deputy National IFHIMA Director for Jamaica 2013-2016; President of the Jamaica Medical Records Association for two terms between 2009 – 2014; member of the National Health Information System Strengthening and E-Health Strategic Plan – Health Information Technology Committee in 2012; member of the National Bioethics Committee of Jamaica, 2012-2013 and Academic Advisory Committee Member, University of Technology 2012 - present.

Mrs. Miller-Richards adds that some of her other awards and accomplishments include the noted Long Service Award in 2016 for 27 years of service to public service; Japan Society of Health Information Management, IFHIMA Developing Countries Scholarship to attend the 18th Congress in Tokyo, Japan 2016; Global Health Workforce Council Health Information Management participant for the Americas 2015; recipient of an Honorary Degree in Health Information Management in 2014 and a Canadian Health Information Association, IFHIMA Developing Countries Scholarship to attend 17th Congress in Montreal, Quebec, Canada. She has also presented a research paper on Adaptation to Electronic Health Records in Jamaica at the 16th IFHIMA Congress in Milan, Italy 2010.

Describing herself as a 'serious risk-taker', Mrs. Miller-Richards believes the words, committed, hardworking, persistent and conscientious personifies her. She is an avid flower gardener and is a keen fan of actor Tyler Perry and singer, Luther Barnes.

She is encouraging her colleagues to “be courteous at all times to your colleagues and make a positive impact on the people we are sworn to serve.”

Wellness Bytes:

“Mosquito Prevention Checklist”

Credit:
Ministry of Health



Health & Wellness

- Keep house plants in damp soil instead of water.
- Keep flower pot saucers dry and avoid over-watering potted plants.
- Empty and scrub flower vases twice weekly.
- Empty and wash pet's water container twice per week.
- Keep refrigerator troughs dry.
- Punch holes in bottom of tins before placing them in the garbage.
- Get rid of all old tyres, tins, bottles, plastic containers, coconut shells and anything in which rain water can settle.
- Cover trash containers to keep out rain water.
- Cover all drums, barrels, tanks, buckets and any other container that is used to store water.
- Repair leaky pipes and outdoor taps.
- Keep grass cut short and shrubbery well trimmed so

adult mosquitoes will not hide there.

- Keep drains and ditches clear of weeds and trash so water will drain properly.
- Fill in or drain any low places (puddles, ruts) in yard.
- Clear roof gutters and eaves often to prevent water from settling.
- Use commercially available insecticide.
 - Protect yourself from mosquito bites by:
- Using a mosquito repellent that contains DEET
- Sleeping under a mosquito net
- Closing windows before dark
- Opening windows and doors during fogging
- Wearing light coloured clothing and covering your body as much as possible.



Words are so powerful, it cuts deeper than a sharp object. The things you say to someone make a complete transformation when it hits the ear. We tend to blurt out things without thinking of the outcome.

Words are like picture art when you take the first glance you see something simple but to stand there and analyze it you see a totally different image. Be mindful of what you say to others, it may not be what was intended but may come off wrongfully.

Then you have the body language. Not always is it what you say but how you react. Your body is a different language from the words you speak. People often say things and you get one meaning and when you check the body language you're confused between the mouth and the entire body.

Let your actions be as pure as the tongue should be steady.

Never let what you feel on the inside be the man that speaks on the outside. You can never take back what was said and done once it's out in the open.

We will not always be in a happy mood but we need to remember that one will forgive but never forget. Aim to be like a plant, stands upright when the sun is shining and remains standing even when it rains; like a river, it runs deeply but flows evenly.

‘Be Mindful of How You Treat Others’

Camay Morrison, Receptionist, SRHA Regional Office (Original Piece)

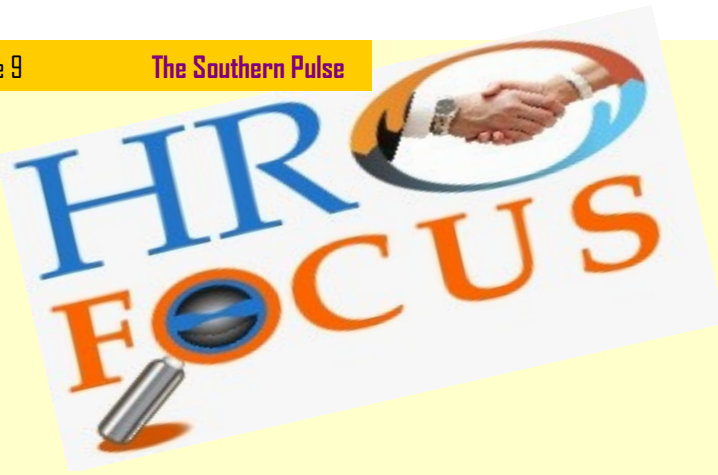
Staff Highlight

"Hats Off" to the Mandeville Regional Hospital

On Friday, February 3, the Mandeville Regional Hospital hosted its 'Crazy Hat Day', which was a fundraising activity towards its annual end of year Awards Function.

Please see below highlights.





HR And You:

"How to Dress for Success"

Credit: Jamaica Observer

WHATEVER your job is, there are certain guidelines you should follow when it comes to attire. The human resources (HR) department shouldn't have to send out memos that tank tops, pierced nostrils, and flip-flops are inappropriate for any work environment, neither should you think that loud chatter and loud music are required for relieving workplace stress.

Here are a few common ground rules for dressing for your job:

- Dress business formal if you work with customers in a professional setting. This means jacket and pants or jacket and skirt suits, button-down shirts and knee-length skirts.
- Avoid loud colours such as bright yellow, orange and certain shades of red. Instead, choose colours which are not too bright or too dark. Select neutral and solid colours. These include black, grey, navy, and brown.
- Wear shoes with heels no higher than four inches. Avoid wearing sandals, chunky heels, flat-soled shoes, stilettos and platforms.
- Be conservative with jewellery and accessories.
- Remove piercings that are not in your ears and try to conceal tattoos as they may cause distractions or offend others. Don't tattoo your hands, neck or face and then expect to be taken seriously.
- Try not to wear highly scented perfume as it may affect co-workers.
- If your workplace is more casual, this is no excuse to wear your miniskirts, halter backs. If jeans are allowed on workdays, pair with a button-down top and/or jacket. Don't wear shorts, ever. And capris and tank tops are not appropriate for work.
- Don't get too wild with the hair colour. Stick to natural colours and conservative styles. Save the extremely long weaves, braids and bright colours for the party. Your manager may not call you up about it, but no one will take you seriously when it comes time for a promotion.



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

Latoya Laylor Brown, Public Relations & Advocacy Officer

Email: latoya.laylor@srha.gov.jm

Deadline: March 31, 2017



PUBLIC RELATIONS CORNER

"The deliberate, planned and sustained effort to establish and maintain a favourable public image of an organization"

"The National Flower-Lignum Vitae"

The Lignum Vitae (*Guaiacum Officinale*) was found here by Christopher Columbus. Its name, when translated from Latin, means "wood of life" – probably adopted because of its medicinal qualities. The short, compact tree is native to continental tropical American and the West Indies. In Jamaica it grows best in the dry woodland along the north and south coasts of the island.

The plant is extremely ornamental, producing an attractive blue flower and orange-yellow fruit, while its crown has an attractive rounded shape. The tree is one of the most useful in the world.

The body, gum, bark, fruit, leaves and blossom all serve some useful purpose. In fact, the tree has been regarded for its medicinal properties. A gum (gum guaiac) obtained from its resin was once regarded as a purgative. It was exported to Europe from the early sixteenth century as a remedy (combined with mercury) for syphilis and has also been used as a remedy for gout.

The wood was once used as propeller shaft bearings in nearly all the ships sailing the 'Seven Seas'. Because of this, Lignum Vitae and Jamaica are closely associated in shipyards worldwide. It is a very heavy wood which will sink in water. Because of its toughness it is used for items such as mortars, mallets, pulleys and batons carried by policemen. Sometimes it is used for furniture.

Credit: Office of the Prime Minister-<http://opm.gov.jm/national-symbols-emblems/>



**Every family has
one weird
relative.**

**If you don't know
who it is, then
it's probably you.**

On the
Lighter Side