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Black River Hospital Receives Land from Generous Donor

Retired nurse now living overseas, Ms. Tatleen Vassell had several options for a beneficiary of 5.0627 hectares of land in St. Elizabeth valued at \$8.6 million, however; for her, this gift should serve the entire community, and so, she made the donation to the Black River Hospital (BRH).

The land, which is located in Cheltenham, near New Market in St. Elizabeth was officially handed over on Tuesday, April 18 at the BRH and to date is one of the single largest donation to the hospital.

It was an emotional Ms. Vassell who noted that it is because of the many blessings she has received why she was able to make the donation. She added that her family also has a long history of contributing to the hospital.

Parish Manager for the St. Elizabeth Health Services, Mr. Sean Brissett said though the land is located some distance from the hospital, it will be factored into the hospital's developmental plan. He noted that its use will be determined in short order.

"This donation is symbolic in many respects because others looking on and seeing this generosity will want to come on board. Health is everybody's business because it is not if you are going to get unwell, it is a matter of when so as administrators we are working hard to prepare a place that will contribute to the wellbeing and comfort of citizens during that period" Mr. Brissett said.

For Southern Regional Health Authority Director of Operations and Maintenance, Mrs. Herschel Ismail, the donation is timely and important to the development of the hospital. She noted that because of financial constraints, public private partnerships are very important to the health sector.

"As a health sector and a regional health authority we welcome these partnerships. Today we salute our philanthropist, Ms. Tatleen Vassell and make the assurance that this parcel of land will be managed and utilized in such a way that the population of the parish of St. Elizabeth



Ms. Tatleen Vassell (centre) receives a plaque of appreciation from the BRH administrators (l-r), Director of Nursing Services, Ms. Novellette Robinson, CEO, Mrs. Diana Brown-Miller and Acting Senior Medical Officer, Dr. Sheriff Imoru. Photographed also are Ms. Vassell's great grand children, John and Janda Nuovo and granddaughter, April Nuovo (3rd right).

and the adjoining districts will benefit through an improved delivery of healthcare."

Acting Senior Medical Officer at the BRH, Dr. Sheriff Imoru in expressing gratitude to Ms. Vassell and her family noted that the hospital which serves the entire St. Elizabeth, parts of Manchester, Westmoreland and St. James has greatly improved over the years and is now providing 24 hour service in several areas.

He noted that for this growth to continue, the involvement of the community is needed as the government cannot do it alone. Dr. Imoru urged persons to contribute to the development of the hospital despite the size or value of the donation.

In The News: Southern Regional Health Authority

Blood Collection Boost After Successful Drive at Percy Junor Hospital



Senior Medical Officer of Health at the Percy Junor Hospital (PJH), Dr. Carlos Wilson (right), who is an annual donor enjoys the experience of giving blood while Hospital Attendant at the PJH, Mr. Terrence McKenzie donates for the

The Percy Junor Hospital in Spalding, Clarendon has boosted its supplies of blood and blood products, this, with the recent acquisition of a Compact Blood Bank Refrigerator. The hospital hosted a successful Blood Drive on Friday, April 28 on the hospital's compound which resulted in the collection of 52 units of blood.

Senior Medical Officer at the Hospital, Dr. Carlos Wilson explained that 88 persons registered to donate; however only 52 were eligible to contribute. He added that the hospital is grateful for the support from residents and staff members noting that the new Blood Bank Refrigerator now allows the hospital to store upwards of 60 units of blood, as opposed to 15 previously.

Dr. Wilson pointed out that the hospital which serves four parishes including Manchester, Clarendon, St. Ann and Trelawny is the first point of care for many residents particularly those in rural areas.

"If a farmer somewhere in Trelawny gets chopped by a machete and is bleeding to death, this is the first stop and sometimes it can be a lifesaving stop just to get blood; so it makes it so important that we give blood from the community so that when we need it, it is available."

Turning to other benefits of blood donation, Dr. Wilson noted that "you also have the benefits of reduced risks of heart attacks and strokes. That is something that is not known by a lot of persons but you could actually save your life by reducing the risk of getting a heart attack or stroke by donating blood."

He explained that several studies have shown that in blood donors, the risk of heart attacks and strokes is up to 80 percent less than people who do not donate blood.

Over recent years, the amount of blood collected in Jamaica has consistently fallen short of what is required which significantly increases the difficulty of hospitals such as the Percy Junor Hospital in obtaining vital supplies of blood from the National Blood Bank.

Dr. Wilson is encouraging Jamaicans to make blood donation their responsibility as the shortage of blood seriously impedes the ability of the health team to provide timely and effective care.

Deputy Director of Nursing Services and 2016 Lasco Nurse of the Year, Laverna Campbell (centre) seen here with Sales Representatives from Lasco, Mandeville.



In The News: Southern Regional Health Authority

Rural Healthcare Facilities Receive State of the Art Ambulances

Maternal health care in rural Jamaica has received a significant boost following the official handover of six state of the art ambulances to facilitate improved access to emergency prenatal and neonatal care.

The ambulances were purchased under the European Union funded Programme for the Reduction of Maternal and Child Mortality (PROMAC), which is spearheaded by the Ministry of Health.

Speaking at the handover ceremony at the Clarendon Health Department last Thursday (April 20, 2017), Health Minister, and The Honourable Dr. Christopher Tufton said the ambulances will fill a critical void which has been partly caused by the number of inoperable ambulances currently in public health care facilities.



Health Minister, Dr. Christopher Tufton (2nd left) and Head of Delegation, European Union, Ambassador, Malgorzata Wasilewska (centre) examines the new ambulance while members of the Health ministry and European Union look on.

“Ideally, ambulances should be used for emergency transfers either between facilities and for initial access to a facility. We now use them to transport non-urgent cases because our overall fleet, which primarily serves our secondary care facilities, is wanting. Such is the reality of the tight fiscal framework in which we operate. I welcome the contribution of our bi-lateral partners, and in this particular case, the European Union. Their presence in Jamaica continues to assist with the development of our people and infrastructure.”

The ambulances which have been deployed to the Mandeville, St Jago Park, Annotto Bay and Savanna-la-Mar Health Centres, as well as the Chapelton and Alexandria Community Hospitals are fully equipped to primarily transport emergency cases involving infant and maternal patients between primary health care facilities and hospitals. It is anticipated that as a result of these ambulances and the continued work of PROMAC, there will a trending decline in pregnancy related deaths.

“The health of our women and new-borns is of utmost importance. While the fertility levels continue to decline between 2015 and 2016, we are pleased to note a 3% and a more than 15% reduction in the reported numbers of stillbirths, neonatal deaths and maternal deaths in 2016. We anticipate further reductions in stillbirths, neonatal and maternal deaths through the work of PROMAC which will strengthen institutional capacity to manage high-risk pregnancies”, Dr. Tufton affirmed.

Urging stakeholders to properly maintain the vehicles, Head of Delegation of the European Union, Her Excellency, Malgorzata Wasilewska, emphasised the role of the ambulances for preservation of life.

“These ambulances and in fact all the services provided under PROMAC can make the difference between life and death for mother and child. It is entirely possible to drastically reduce the number of women dying in childbirth but it takes commitment and all of us working together.”

Also using the opportunity to acknowledge statistics revealing the correlation between poverty and increased risk of maternal deaths, Ms. Wasilewska highlighted that the work of PROMAC will alleviate these disparities. “PROMAC through its holistic approach is supporting efforts to create a health system that is fully responsive to women’s reproductive health needs through the provision of high quality, comprehensive and readily accessible maternal and child health services.”

Thirty six health workers were trained to use and operate the units which are valued at €631,162 or approximately J\$86 million. PROMAC was launched to the tune of €22,000,000 or just over J\$3 billion in 2013 with the primary objective of addressing challenges related to maternal and child mortality in Jamaica.

Credit: European Union

In The News: Southern Regional Health Authority

Manchester Health Team Tackles Depression as Suicide Soars World-wide

According to the World Health Organization (WHO), depression at its worst can lead to suicide, which is now the second leading cause of death among 15-29 year olds.

In light of this fact, the Manchester Health Department (MHD) hosted a Symposium targeting scores of students, teachers, guidance counselors, caregivers and parents within the parish of Manchester to address the issue of depression.

The Symposium, which catered to some 140 students was held at the Cecil Charlton Hall in Manchester on Tuesday, April 4 and was also commemorated against the background of the annual recognition of World Health Day which is observed on April 7. The world-wide theme is "Depression: Let's Talk", a priority area of concern for the WHO.



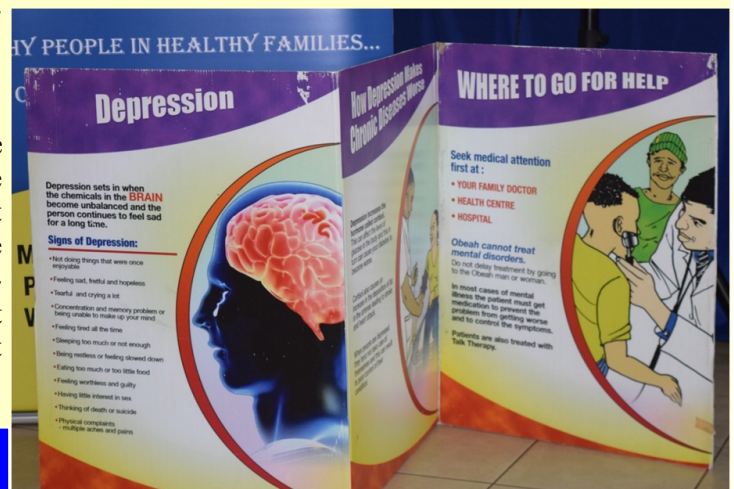
A section of the audience of students.

The day's activities included depression screening, testimonials, booth displays, a question and answer segment and presentations which focused on recognizing depression, suicide, coping with and treating depression.

The Southern Regional Health Authority Regional Psychiatrist, Dr. Doreth Garvey who presented on recognizing depression, explained to the audience that depression is "a spectrum of mood changes, varying in intensity, duration and characteristics". She pointed out that it was important for persons to recognize that when these mood changes persist for two weeks or more and affects the level of functioning for the individual, it is now a disorder.

Dr. Garvey added that it was important for persons to recognize that everyone is at risk of becoming depressed and shared several avenues of assistance and support for persons who may be facing difficult situations.

For guest speaker and 2015 Jamaica Festival Queen, Ms. Chereese Ricketts, depression is an under-recognized issue which is affecting many Jamaicans. She told the audience that she struggled with depression for some 12 years but found several ways of dealing with and overcoming the disorder. She noted that it was important for persons to surround themselves with persons who will provide support and for persons to find what works best for them and what brings them joy and positive outcomes.



One of the many posters on depression.

Wellness Bytes:

"Gastroenteritis"

Credit:
Ministry of Health



The Ministry of Health is reminding the public, especially parents of small children, to pay particular attention to their children for signs of Gastroenteritis following the persistent rainfall over the island.

The symptoms of this illness include one or more of the following: diarrhea, vomiting, nausea and stomach upset. The affected person may also have headache, fever, and abdominal cramps (stomach aches). Gastroenteritis is a condition that causes irritation and inflammation of the stomach and intestines. An infection may be caused by bacteria or parasite in spoiled food, unclean water or dirty hands.

Medication should not be used to stop the diarrhea or vomiting. Oral Rehydration Fluid (ORF) should be used to replace the water and special substances that are lost as a result of vomiting and/or diarrhea. Continue to give ORF until the child gets better although this treatment will not stop or shorten the course of diarrhea. Vomiting should stop within two days and the running belly should stop within a week. Continue to give lots of fluids to prevent dehydration.

If a child is breast fed, continue breastfeeding your child frequently. In addition, other fluids such as coconut water, diluted fruit juices as well as plain water can also be given. Do not give sweet drinks.

Gastroenteritis can cause death especially in young children less than five (5) years old.



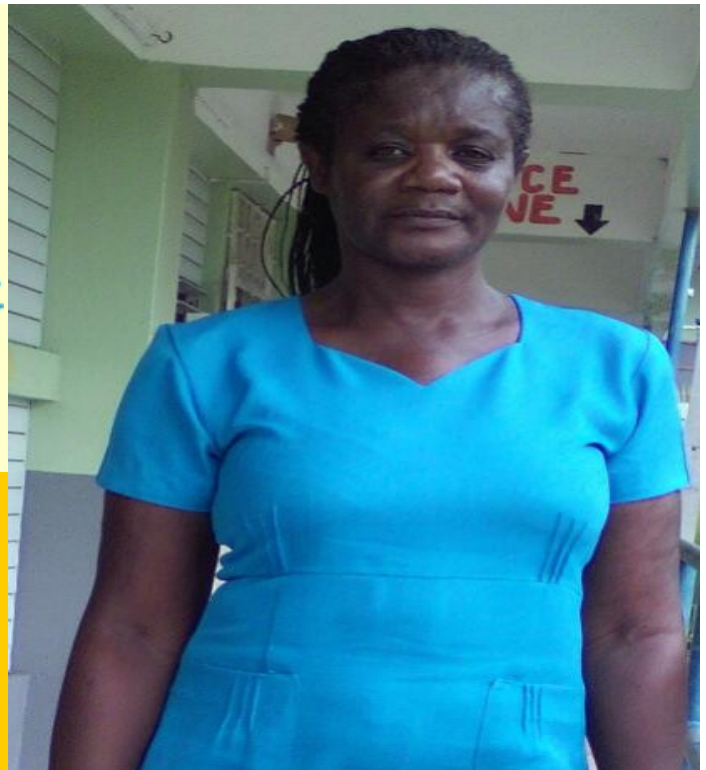
On the
Lighter Side



Joean Miller

Community Health Aide
Clarendon Health Department

“Ambitious Angella”



Many Jamaican parents are known to have made daring sacrifices for their children in an effort to support their advancement for a better life.

For Community Health Aide, Joean Miller, her joy is knowing that through her sacrifices, she has been able to support the development of her three children, who now hold positions of Teachers and an Auditor. While it wasn't an easy feat, she notes that she was able to finance her children's tertiary education through partner savings, side jobs; but says she did not use a single loan. She admits that she too wanted to attain higher education, but decided that she would put her resources and time into her children's progression.

As a Community Health Aide for 23 years at the Clarendon Health Department, Ms. Miller enjoys her job which entails taking care of babies and the elderly. As part of her core functions, she is required to make home visits to give advice and care to antenatal and postnatal mothers, the elderly and children. This, she says, is her passion. For someone who is always in communities interacting with people, it is no surprise that her weekends are spent taking care of vulnerable persons by doing their laundry, feeding them and by any other means. She explains that “if I can't find it to give them, I beg it for them. I don't like to see people suffer because I have been there.”

On her most recent performance evaluation, Ms. Miller was described as an effective worker, consistent in performing her duties and one who goes beyond the call of duty to ensure her clients needs are met. Her supervisor notes that “she is quite knowledgeable about clients living and not living in her areas and is even able to conduct home visits outside of her communities in the absence of a Community Health Aide.”

Guided by the philosophy, “With God, all things are possible”, Angella, as she is frequently called, believes that regardless of the situation one faces, giving up should never be an option. She points out that one of the most important life lessons she has learnt, is “to trust God and be independent.”

When asked what are some of the adjectives that best describes her, Joean readily reveals that she is loving, helpful, disciplined, honest and courageous. She enjoys watching plays with Jamaican actor Shebada, which always gives her a good laugh and she loves songs from Jamaican Gospel Artiste, Goddy, Goddy.

She is encouraging her colleagues to “do your job to the best of your ability without grumbling.”



PUBLIC RELATIONS CORNER

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

"How to Address the Head of State"

The Queen

The full Royal Style and Title of the Queen is: 'Elizabeth the Second, by the Grace of God of Jamaica and of Her other Realms and Territories Queen, Head of the Commonwealth'.

In formal announcements, The Queen should not be referred to as 'she' or 'her'. After the initial mention the Queen should be addressed as: 'Her Majesty The Queen' or 'The Queen' or 'Her Majesty'.

The Governor- General

The Governor-General is The Queen's representative, and performs most of the functions of Head of State.

The Mode of Address in

Writing/Formal Settings:

His Excellency the Most Honourable

Sir Patrick Allen, ON, GCMG, CD*

Governor-General

King's House

Kingston 6

*ON Order of the Nation

GCMG Grand Cross of the Order of St. Michael and St. George

CD Commander of the Order of Distinction

Opening Salutation:

(For the Foreign Service)

'Your Excellency,

I have the honour to inform/invite/etc.....

Closing:

I avail myself of the opportunity to assure Your Excellency of my highest consideration.'

Name

Title

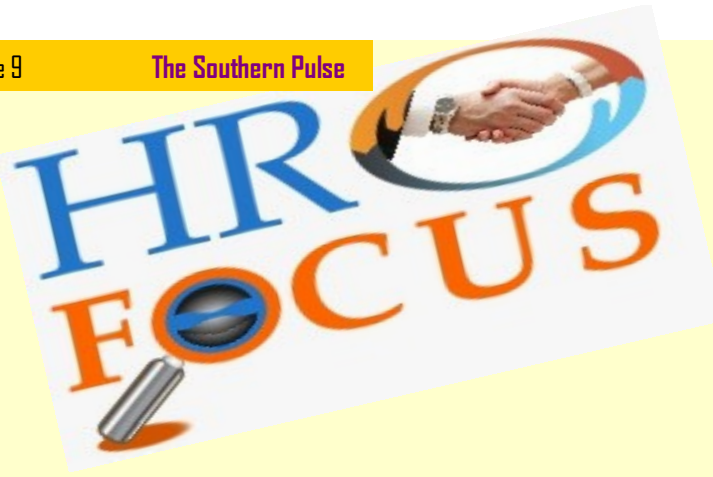
Article continues: <http://opm.gov.jm/protocol/how-to-address-the-head-of-state/>

Staff Highlight

Tie and Glasses Affair

The Management Information Systems Department of the Southern Regional Health Authority hosted its Tie and Glasses Day on April 7. Please see below highlights.





What is Stress?

Stress is a necessary, innate/natural part of our survival instinct and physiological make up; it motivates us to take action to keep us safe or to keep reaching just that bit further to achieve our dreams and aspirations; it's the 'fuel' that propels us.

Stress only becomes a problem when the physiological and physical symptoms build up in our body without being released and as a result starts to negatively impact our: memory, concentration, emotions, thinking abilities, health, our overall wellbeing and eventually our mental health.

What is Emotional Intelligence?

Emotional Intelligence is the ability to recognise and understand your emotions and those of others; the ability to use that information to guide your thoughts and actions; the ability to empathise (and therefore build better, successful relationships).

- How can Emotional Intelligence (EI) help to manage stress effectively?
- Helps you to reduce excess stress as you better understand your emotions (becoming more self-aware);
- Use that information to guide your thoughts and actions;
- Increase your empathy through better understanding of others' emotions, which in turn
- Improves your relationships, at school, at home, in the work place and socially.
- Improving your emotional intelligence will help you to discover your inner strengths, remain calmer and in control in any situation.

Tips to Improve Emotional Intelligence

- Think of the last time you had a strong negative feeling towards someone, a friend, partner, work colleague or stranger.

HR And You:

"Stress Management Through Emotional Intelligence"

- Name the exact emotion you were experiencing in that moment (maybe anger, resentment, frustration, disappointment, etc)
- Next, take a few moments to explore why you were feeling that emotion (for example, you may have felt mistreated, undervalued, ignored, inadequate, unloved).
- Now consider how the other person may have felt in that moment too, could they have been experiencing similar emotions? How do you know for sure how or what they were really thinking?
- 5. As you're now aware, you cannot be sure without further information what they were feeling/thinking. In light of this new awareness,
- 6. Consider how you could have responded in a better/constructive way for you.
- 7. What did you learn from that situation, good or bad?
- 8. What will you do differently next time?

Credit: Jamaica Gleaner



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

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Deadline: June 30, 2017