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150 Nurses Lauded; Encouraged to Continue Excellence

In an effort to motivate and encourage excellence in performance among the largest group in the health sector, nurses, the Mandeville Regional Hospital (MRH) recently lauded 150 nurses for their dedication and committed service.

Director of Nursing Services at the Hospital, Ms. Angela Thomas noted that amid the comprehensive and rapid changes affecting the nursing profession, the MRH has been making a concerted effort to keep its nurses motivated.

Speaking at an awards ceremony on Friday, January 27 on the hospital grounds, Ms. Thomas noted that several initiatives have been undertaken including: health expositions for nurses; award ceremonies; a framework to embody the performance of the nursing practice and to motivate the nursing spirit in addition to the establishment of a quality assurance committee to monitor and audit the nursing practice within the hospital.

The Director of Nursing Services pointed out that other initiatives include training and educational sessions for nurses; training and recruitment of additional staff and a nursing symposium to encourage enhanced care delivery skills within the nursing profession. She added that the number of nurses accessing training in critical areas of service have also been boosted which has contributed to improved quality care.

It is very critical that our nurses be recognized for planning, implementing and evaluating healthcare nationally, regionally, and locally. This is particularly important in a time of complex changes in the health services" Ms. Thomas said.

She added that despite the challenges and the achievements, the hospital will continue to provide opportunities to boost the morale of its nurses



Infection Control Nurse and Nursing Manager Pheobe Davis (left) receives an award for exceptional service from Nursing Manager Carlos McPherson Parkes.

and to also improve the services offered by nurses.

CEO of the MRH, Mr. Alwyn Miller added that commitment and long service should not be taken lightly and "so we should recognize those exceptional attributes of our team members including their loyalty which is to the betterment of our community and country."

Mr. Miller told the nurses that even in difficult times, exceptional contribution to the hospital and its customers will always be respected and appreciated.

The ceremony was held under the theme, "Pathway to Excellence: A Salute to Performance" and recognized the nurses for exceptional and long service.

In The News: Southern Regional Health Authority

Appeal for Jamaicans to Reduce Lifestyle Diseases Amidst Support for Renal Unit



Main sponsor Lucozade's Brand Manager, Ms. Jodi-Ann Wright (left) hands over a cheque to members of the High Mountain Coffee Road Race Committee; Chairman, Mr. John O. Minott (2nd left), Meet Director, Mr. Maurice Westney (2nd right) and Managing Director of Jamaica Standard Products, Mr. John O Minott Sr.

CEO of the Mandeville Regional Hospital, Mr. Alwyn Miller is appealing to Jamaicans to take better care of their health in preventing or reducing the risks of non-communicable diseases which can result in conditions such as kidney failure, which is costly to treat.

The CEO was speaking at the launch of the 34th annual High Mountain Coffee 10K Road Race which was held on Sunday, January 29 and which will benefit the Mandeville Regional Hospital's Haemodialysis (Renal) Unit.

Mr. Miller noted that the Haemodialysis Unit caters to some 47 patients on a weekly basis; however, persons have to seek private care as the unit can only accommodate a specific number of patients due to its limited capacity. In explaining the costly treatment of dialysis, Mr. Miller pointed out that a dialysis treatment session can cost \$12,000

to \$15,000 which should be done ideally three times per week.

"The High Mountain Coffee Road Race has been an annual staple for this region which promotes the health and wellness for everyone through physical activity. This is important to us in the Ministry of Health and though this event has been a lifesaver being the largest non-governmental organization donor of funding for the support and strengthening of the Haemodialysis Unit, it is not our wish that anyone should require dialysis particularly as a result of the non-communicable diseases hypertension and diabetes" Mr. Miller said.

The Health Ministry has been on a drive through several programmes and initiatives to encourage Jamaicans to understand the importance of taking care of themselves by engaging in things such as eating right and exercising in an effort to reduce or prevent lifestyle diseases such as hypertension, diabetes and high cholesterol.

Now in its fifth year of support for the hospital's renal unit, the donations from the road race will be used to systematically upgrade the machines in an effort to boost services.

As one of the premier sporting and community events across Jamaica, the Road Race is staged by the Jamaica Standard and Products Company and has donated some \$4 million to the Haemodialysis Unit throughout its years of support.

The Committee is encouraging persons to support its cause by contributing to the High Mountain Coffee Wellness Fund at the Bank of Nova Scotia in Mandeville (Account# 644311).



Managing Director of Jamaica Standard Products, Mr. John O Minott Sr. (left) is photographed with CEO of the Mandeville Regional Hospital, Mr. Alwyn Miller.

Facilities on the Move

May Pen Hospital Receives Infusion Pump



Members of the May Pen Hospital, Senior Medical Officer, Dr. Bradley Edwards (2nd left), Medical Consultant, Dr. Lisa Kirven-Dawes (2nd right) and CEO, Mr. Leon Dixon expressed gratitude on January 24 for an infusion pump valued at \$140,000 which was donated to the Hospital by non-profit organization, Jamaican 4 Life. The donation was made on behalf of the group by Marjorie Morgan (centre) and Geta Mae O'Sullivan.

Dr. Bradley Edwards noted that the infusion pump is an important piece of equipment which ensures that intravenous fluids (IV fluids) and medications are administered at the correct rate. This, he said will definitely boost services in this area at the hospital.

Jamaican 4 Life is a non-profit organization founded by a group of Jamaicans overseas whose aim is to improve healthcare in Jamaica and the Midwest Region of the United States of America.



MARK YOUR CALENDARS!

- | | |
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| <ul style="list-style-type: none"> • World Cancer Day Launch
Wednesday, February 22, 2017
St. James Methodist Church Hall
Sevens Road, Clarendon
Road March-7:00 a.m.
Opening Ceremony- 9:30 a.m. • SRHA Maintenance Staff & Drivers Awards Function
Thursday, March 9, 2017
Mandevilla Place, Manchester
1:00 p.m. • Sagicor Sigma Corporate Run
Sunday, February 19, 2017
Beneficiaries include Mandevilla Regional Hospital Paediatrics Unit | <p>Additional information: Nordia Wint Brown:
CUG: 797-0440</p> <ul style="list-style-type: none"> • Advancement in Medicine Conference
February 29- March 3, 2017
May Pen Hospital
1 Muirhead Avenue
May Pen, Clarendon
9 a.m. daily • Manchester Health Services Gospel Fest
Saturday, March 25, 2017
Mandevilla Primary & Junior High School
Manchester
7:00 p.m.
Contact: Simone Douglas: 962-7033 |
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Facilities on the Move

Medical Supplies and Furniture Donation for Percy Junor Hospital

Recently, the Concern Friends of the Percy Junor Hospital donated a container of medical supplies and furniture to the hospital. The items valued at US \$4,950.00 is part of the Friends commitment to improve quality care for its stakeholders which includes the Type C Hospital. Please see below photographic highlights.



Like every journey there is a beginning and an end. Along this journey you will learn a lot, things you never thought possible. You will learn that not everyone is as they seem, not every smile means I am with you, not every hand outstretched means I am here to help you and not everyone around you is there to stay.

These words may sound harsh but in plain sight it's just the truth. Sometimes we learn things the hard way but its better that way than always the easy way out. It's also better to just sit back and watch from a distance as the truth unfolds itself. After a while you'll learn to pick yourself up, gather the pieces, brush them off and mend them back together. It is of-

ten said that a smile hides a lot so never take anyone for granted.

You see, we are human beings so yes we are going to fall, yes we are going to get hurt, cry or even want to just give up but these emotions will set a pathway to discover our strength. Sometimes it's when you are in the darkest and deepest of times you realize the new found strength within you.

Life is a journey so start today. Don't be afraid, the worst can happen, it might but after a storm there is calm. This then is telling you to never give up, never give in because the best is yet to come and beyond.

Life's Journey

Camay Morrison

***Receptionist, SRHA Regional Office
(Original Piece)***



Robert Robinson

Fleet Coordinator
Southern Regional Health Authority

“Mr. Innovator”



In 2016, the Southern Regional Health Authority spearheaded an initiative to convert and customize two buses into ambulances which resulted in savings of \$7.6 million, an initiative which has received wide support and admiration from many, locally and internationally.

We are not sure if such an initiative has been implemented elsewhere but many have been wondering who is the brainchild behind such a brilliant and cost-saving idea. The conceptualizer is Mr. Robert Robinson, Fleet Coordinator for the Southern Regional Health Authority who humbly admits that he believes this is nothing too exceptional because for him, he was just doing what had to be done to get the job done.

‘Robbie’ as he is affectionately called considers the initiative to convert buses into ambulances as his most notable achievement to date. He adds that other professional achievements include the award for Driver of the Year in 2005 and Departmental Awards for Employee of the Year. The SRHA Board and Directors also acknowledged Mr. Robinson for the conversion of buses into ambulances at its annual Staff Awards Function in 2016.

Mr. Robinson began his professional journey with the SRHA in 2002 as a Driver and was promoted to Fleet Coordinator in 2013 where he continues to give valuable service. Among his core functions are the responsibility for the efficient management of the Authority’s fleet of vehicles, smooth operation of all activities pertaining to the management of the Authority’s fleet of vehicles, ensuring that vehicles are licensed, insured and maintained and coordinating the assignment and deployment of vehicles.

One admirable attribute that Mr. Robinson possesses is his ability to laugh or smile no matter the situation. When asked how is it he does this, he shares a simple yet profound advice, “do not let anything worry you in life.” He believes that “no matter how difficult situations get, things can always change.” He is advising colleagues to make the best use of the opportunity of a job and “give a good day’s work for a good day’s pay.”

A Beres Hammond music enthusiast, Robbie is inspired to do his best by his daughter. He notes with joy that he aims to prove to her that all things can be achieved. He also believes that “nothing is impossible and everything can be achieved.”

When asked what is the most likely thing that he would be found doing on a weekend, he laughs before admitting that he would be working. He also adds that he can be found cooking as he tries to help himself in the kitchen.

Staff Highlight

Manchester Health Department Takes Health Messages to Communities

The Manchester Health Department in collaboration with the Ministry of Health, the Southern Regional Health Authority and the New Testament Church of God embarked on a series of public health forums to sensitize the public on current health issues and to also encourage behavior change.

The meetings which were held on January 8 and January 12 in the Greyground and Knowles Road communities respectively focused on current health issues including the Zika Virus, environmental health issues and chronic lifestyle diseases. The forums also facilitated information sharing between government agencies, citizens and other stakeholders.

Please see below photographic highlights.



Residents welcomed blood pressure checks and other tests.



These residents browse the "Food Based Dietary Guidelines" book-



Regional Technical Director, Dr. Michael Coombs responds to a question while Regional Non-Communicable Diseases Surveillance Officer, Mrs. Karen Nelson looks on.



Parish Health Promotion and Education Officer, Mrs. Shereen Williamson-Reid presents a gift to a participant.



HR And You:

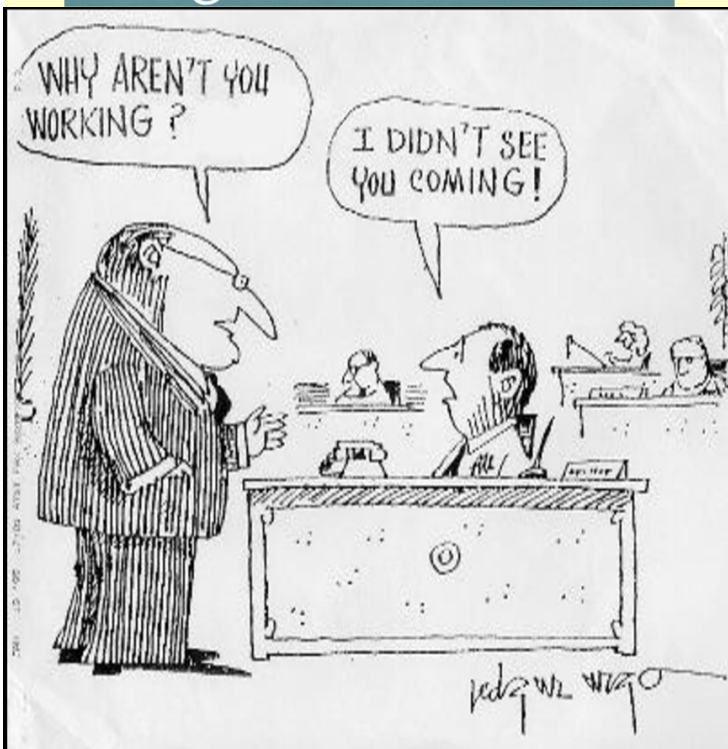
“Staying Relevant in the Workplace”

What does “staying relevant” mean?

In these days of outsourcing, cost-cutting and continuous radical shifts in the ways companies produce, communicate and interact, not to mention source candidates, it is crucial you remain attuned to demands, trends and developments in the marketplace and fine-tune your qualifications and skillset accordingly and fast enough. Some simple pointers to help you formulate a framework for this:-

- Understand the dynamics of the industry you operate in.
- Be a lifelong learner.
- Be flexible.
- Work on your public professional brand.
- Network

On the Lighter Side



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

Latoya Laylor Brown, Public Relations & Advocacy Officer

Email: latoya.laylor@srha.gov.jm

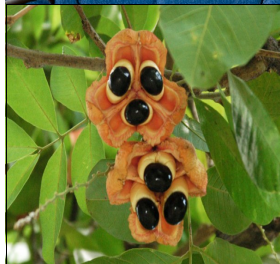
Deadline: February 28, 2017



PUBLIC RELATIONS CORNER

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

"The National Fruit-Ackee"



Ackee (*Blighia Sapida*) is the national fruit of Jamaica as well as a component of the national dish – ackee and codfish.

Although the ackee is not indigenous to Jamaica, it has remarkable historic associations. Originally, it was imported to the island from West Africa, probably on a slave ship. Now it grows here luxuriantly, producing large quantities of edible fruit each year.

Ackee is derived from the original name Ankye which comes from the Twi language of Ghana.

The ackee tree grows up to 15.24m (50ft) under favourable conditions. It bears large red and yellow fruit 7.5 – 10 cm (3-4 in.) long. When ripe these fruits burst into sections revealing shiny black round seeds on top of a yellow aril which is partially edible.

For more information: <http://opm.gov.jm/symbols/jamaican-national-fruit-the-ackee-blighia-sapida/>

Wellness Bytes:

"Safe Water"

Credit:

Ministry of Health



Health & Wellness

To prevent diseases and maintain good health, it is important to use SAFE WATER. Water can be made safe by treating with household bleach or by boiling.

Bleach

- For 1 litre of water (1 quart)
- Add 2 drops of bleach
- Mix well and leave for 30 minutes
- For 20 litres of water (5 US gallons)
- Add ½ teaspoon of bleach
- Mix well and leave for 30 minutes
- For 170 litres of water (45 US gallons)
- Add 4 ½ teaspoons of bleach
- Mix well and leave for 30 minutes

Boiling

- Allow water to "boil up" for at least one (1) minute before removing from the fire. Cover and let cool.

Treat Water Before it is Used for:

- Drinking or making drinks
- Washing fruits and vegetables
- Making ice
- Preparing food
- Washing dishes and utensils