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Regional Wellness Programme for Adolescents Launched: 94 Participants to Become Ambassadors of Healthy Lifestyle

The Southern Regional Health Authority (SRHA) has launched a regional wellness programme for adolescents, geared towards empowering and encouraging participants aged 10 to 15 years, to become ambassadors of healthy lifestyles through healthy diets, physical activity and screening.

Labelled Camp HELPS-'Healthy Eating Lifestyle Physical Activity and Screening', the initiative was launched on Monday, July 10 at the Golf View Hotel in Manchester and engaged 94 adolescents from Manchester, Clarendon and St. Elizabeth. The participants will be trained over a one week period.

According to Regional Health Education and Promotion Officer at the SRHA, Mrs. Faith Lyttle, the initiative is being used as an intervention to teach the participants about the importance of healthier diets, physical activity and screening, as a tool to prevent, reduce and control chronic non-communicable diseases.

"Ultimately these participants will be filtered into their respective schools as peer counsellors that will strengthen the HYPE-Healthy Youth Positive Energy health initiative, which is part of the Ministry of Health's healthy school programme in collaboration with the Ministry of Education. The participants will be equipped with basic knowledge to spread the health care message of proper nutritional behaviour and regular physical activity which is aligned to the Jamaica Moves campaign" Mrs. Lyttle explained.

The Health Education and Promotion Officer pointed out that adolescents are considered the priority population for intervention strategies because weight loss in adulthood is difficult in addition to the exposure to their natural environments such as school, which influences their diets and participation in physical activity.



Adolescents enjoy a physical activity session during the launch ceremony.

"This programme aims to use a multidimensional approach to foster the decline in the amount of individuals that progress into adulthood with the susceptibility of developing a chronic non-communicable disease and as such directly reduce morbidity and mortality rates" Mrs. Lyttle added.

At the end of the camp, each camper will receive a kit with physical activity tools, meal and work out plans, as a means of encouragement and motivation to continue making healthy lifestyle choices. The participants will also receive certificates and badges.

In The News: Southern Regional Health Authority

Women's Health Network Conducts Comprehensive Health Mission in St. Elizabeth



Doctors from the Women's Health Network-Jamaica group perform a surgery.

Women's Health Network-Jamaica (WHN), a not-for-profit advocacy NGO whose mandate is to address women's health issues in underserved communities, conducted a two weeks (July 9-22) comprehensive health mission in St. Elizabeth, focusing on health research, health education, health capacity building, social inclusion and clinical procedures.

Headed by renowned Obstetrician/Gynaecologist and former Senior Medical Officer of the Victoria Jubilee Hospital, Dr. Rudolph Stevens, WHN has performed some 143 surgeries since 2013 at the Black River Hospital (BRH) in St. Elizabeth, which have significantly boosted services at the facility.

Dr. Stevens pointed out that the team, which consists of 45 persons from Jamaica and the Diaspora, includes gynaecologists; anaesthesiologists; cardiologists; dermatologists;

family planning specialists; radiologists; operating theatre technicians; nurses and doctors. He added that the team has been operating from several sites in St. Elizabeth including the BRH, the Holy Spirit Catholic Clinic, the Santa Cruz, Magotty, Junction and Black River Health Centres.

Dr. Stevens added that in addition to the wide-ranging focus for the health mission, the team has donated several small equipment to the health teams including blood pressure machines, glucose monitors, thermometers and anaesthetic machines.

"For the social inclusion aspect of the mission, we have partnered with GasPro to promote clean cooking, in an effort to decrease the incidences of respiratory illnesses which are common in St. Elizabeth. The research we conducted focused on depression and intimate partner violence in the Magotty community" Dr. Stevens said.

Dr. Stevens noted that the workshops, some of which will provide certification, forms part of the health capacity building for staff and focused on specialties including: data collection; nephrology; dental care; helping babies to survive; neonatal resuscitation; HIV screening; dermatology; gastroenterology; colposcopy; contraception; paediatrics and customer service.

CEO of the Black River Hospital, Mrs. Diana Brown-Miller noted that the hospital owes a depth of gratitude to Dr. Stevens and his team for their selfless service to the women in St. Elizabeth. She added that the hospital will continue to work with the team to ensure the highest quality care and success.

Surgeons Dr. Garth McDonald from Jamaica (left), Dr. Rohan Nariani from St. Kitts and the Nevis (centre) and Dr. Leye Sanu from the United Kingdom after conducting several gynaecology surgeries.



In The News: Southern Regional Health Authority

Foundation Committed to Advancing Healthcare in Rural Clarendon Supports Hospital

Over 37,000 persons who access services annually at the Chapelton Community Hospital in Clarendon and its environs, will benefit from enhanced health care delivery, following the donation of 17 beds, 12 mattresses, 4 wheelchairs and 2 lifters from the LJDR Davis Foundation.

The well needed items were handed over to the hospital on Thursday, July 13 by members of the Foundation, following a four day medical mission at the Evelyn Mitchell Infant School of Excellence in Brandon Hill in northern Clarendon. The 68 member team provided services in areas of paediatrics; obstetrics and gynaecology; dermatology; dental care; social work; cardiology and critical care. The team also dispensed over three months supply of pharmaceuticals to residents.

Regional Director of the Southern Regional Health Authority (SRHA), Mr. Michael Bent commended the Foundation for its commitment to providing quality healthcare to the residents, adding that the work being done and the impact on the lives of the residents was immeasurable.



Medical Officer (2nd right) Dr. Desmond Brennan expresses gratitude to co-founder of the LJDR Davis Foundation, Dr. Novlet Davis Bucknor at the handing over of well needed items to the Chapelton Hospital. Sharing in the moment are members of the Foundation (left) and the SRHA team comprising SRHA Regional Director Mr. Michael Bent (5th right); Chapelton Hospital Administrator, Mr. Leon Walters (4th right); Public Health Nurse, Mrs. Olufunke Adetola (3rd right) and Parish Manager of the Clarendon Health Services, Mr. Joseph Grant.

"We really appreciate the donation and the Authority looks forward to working with the LJDR Davis Foundation in delivering quality healthcare. Though the items may seem small in number, they are worth millions and we are really grateful. The commitment of the Foundation to provide free quality healthcare to hundreds of residents annually embodies the true Jamaican spirit which is still alive and well. The SRHA expresses gratitude once more for the impact that the team has been making, which goes beyond healthcare, impacting the social wellbeing of citizens" Mr. Bent said.

For Administrator at the Chapelton Hospital, Mr. Leon Walters, the donation is quite timely and will enhance the service offerings by the community hospital. Mr. Walters noted that the donations will also add to the comfort of patients while in the hospital's care. He commended the Foundation for the wonderful work they are doing in supporting healthcare.

Co-founder of the LJDR Davis Foundation, Dr. Novlet Davis Bucknor shared her delight in assisting the hospital noting that "it is a joy to assist the hospital in improving its services to customers". She added that the Foundation will continue to give its support to the hospital.

The LJDR Davis Foundation was founded by siblings Novlet Davis Bucknor and Pearlyn Clark in December 2012 and has been providing anticipated free health care to residents of the rural district of Brandon Hill, with persons travelling from as far as St. Ann and St. Catherine to access services at the annual medical mission.

The items en route to the Chapelton Hospital.



In The News: Southern Regional Health Authority

Students Donate Life-Saving Machines to Mandeville Regional Hospital



Students of the American International School of Kingston, Gabrielle Morris (left), Valeria Cossich (2nd right) and Owner of Fruitalicious Frozen Yogurt, Dr. Ivanah Thomas (centre) are seen here with Deputy Director of Nursing Services at the Mandeville Regional Hospital (MRH), Mrs. Saidie Williams-Allen and MRH Mrs. Nurse Anna-Kay Hanson-Williams, at the handing over of three nebulizers to the hospital on Wednesday, June 19.

The grade twelve students, who were required to complete a community project as part of their curriculum, decided to raise funds to purchase nebulizers to donate to hospitals. They embarked on the project '#Kolor 4 the Kids' to sell t-shirts, and with funding support from Fruitalicious Frozen Yogurt, they were

able to purchase seven nebulizers at a cost of \$US 2000. Three machines have been donated to the MRH; while two were given to the Spanish Town Hospital in St. Catherine and two to the Princess Margaret Hospital in St. Thomas.

CEO of the MRH, Mr. Alwyn Miller, in accepting the needed items thanked the students and Fruitalicious Frozen Yogurt for their wonderful initiative, which will help to boost service delivery at the facility. He added that it was a delight to know that the students are nurturing a spirit of charity and goodwill.

A nebulizer is a breathing machine used to treat lung conditions such as asthma, cystic fibrosis, and other respiratory illnesses.

Students of the American International School of Kingston, Gabrielle Morris (left) and Valeria Cossich (right) are photographed with owner of Fruitalicious Frozen Yogurt, Dr. Ivanah Thomas (2nd right) and Deputy Director of Nursing Services at the Mandeville Regional Hospital, Mrs. Saidie Williams-Allen as they display some of the t-shirts which were designed and sold to raise funds to purchase seven nebulizers, three of which was handed over to the MRH, on Wednesday, June 19.



Wellness Bytes:

"Back to School Health Tips"

Credit:
Jamaica Information
Service



Health & Wellness

1. Ensure that a complete medical examination is done.

Before your child starts the new school year, make sure that a complete medical examination is done to determine the child's health status.

2. Ensure that your child is fully immunized.

Making sure that children of all ages are fully vaccinated is one of the most important things parents can do to ensure their children's long-term health, as well as the health of friends, classmates and others in the community.

3. Plan healthy breakfasts and lunches.

As you prepare to send your children back to school, remember that nutrition is an important factor in academic performance. Studies have shown that children who eat healthful, balanced breakfasts and lunches are more alert throughout the school day and earn higher grades than those who have an unhealthy diet.

4. Food Safety

Parents are reminded to adhere to food safety practices when preparing any type of food. These include: Washing of hands

with warm water and soap for at least twenty seconds before preparing food; Cooking of foods that require cooking to an appropriate temperature to prevent loss of nutrients; refrigerating foods that need refrigeration at the required temperature before preparation; preparing food on a clean surface to prevent food-borne illnesses and checking of canned food labels to determine if they are safe for your children to eat

5. Give your child plenty of water to drink.

Remember, water is the best drink for kids and even adults. Soda, sweet teas, fruit drinks and sports drinks contain too much sugar, and have been linked to overweight and obesity.

6. Ensure that your child eats the right food.

This requires eating from the five Caribbean food groups which includes proteins and fats, carbohydrate, vitamins, minerals, legumes and beans in moderate proportions, which helps your child to function effectively in school.

7. Promote exercise as part of your child's daily routine.

Exercise enhances the brain's metabolism, and reduces obesity, which can lead to heart disease. Studies have shown that children, who exercise a lot, have better memory retention, which helps in their overall performance in school.

8. Helping to prevent harmful diseases.

Children should be taught to wash their hands for at least 30 seconds before and after using the bathroom, to prevent communicable diseases. Children should also be taught to wash their hands for at least 30 seconds before handling any type of food to prevent against bacteria, germs and other parasites.



On the Lighter Side



Oneil Dixon

**Porter
Mandeville Regional Hospital**

“Hardworking Oneil”



Many do not recognise the importance of the Porter at the hospital, however, these workers have big responsibilities and are an important part of the health care process, particularly as first responders.

Though it is a position without much fanfare, Mr. Oneil, Dixon, who serves as a Porter at the Mandeville Regional Hospital (MRH), takes pride in giving of his best to those he serves, which he has been doing exceptionally for the past 13 years.

Required to be flexible and quick, particularly as he provides support in the Accident and Emergency department, Mr. Dixon also transports patients using wheelchairs and stretchers. Additionally, he is required to lift and support patients who are unable to walk, assist with the cleanliness of the hospital's building and compound, provide support to the ambulance services, among other responsibilities.

Describing his experience working with the MRH as good, Mr. Dixon notes that he has been able to learn many things, even beyond his line of work. He believes that developing and nurturing a good relationship with colleagues and patients is of paramount importance. It is this belief that continues to push him to have a good rapport with staff and customers.

Mr. Dixon shares that other than playing football, he loves to meet people and give them sound advice. He is encouraging his colleagues to give their best at all times. “Be yourself, be hardworking, do what you are supposed to and give a good day's work” he adds.

If you were to pay him an unexpected visit at home on the weekend, this diligent Porter would be found doing chores on the inside and outside of his home. He discloses to the *Pulse* that his favourite actor is Jamaican Oliver Samuels while his favourite singers are reggae artistes Beres Hammond and Taurus Riley.

Mr. Dixon describes himself as hardworking, caring, loving, kind and friendly; attributes which earned him the award for Attendant Worker of the Year for 2015/2016. He was also recognized in 2016 for his contribution to staff welfare through sports and volunteerism.



PUBLIC RELATIONS CORNER

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

"How to Address Former Prime Ministers"

Former Prime Ministers

The former Prime Minister is formally styled 'The Most Honourable' when he/she is a member of the Order of the Nation and 'Mr' when he/she is not. (when he/she is a member of the Order of the Nation)

The Mode of Address in:

Writing:

The Most Honourable Edward Seaga, ON, PC

[Address]

Opening Salutation:

Dear Mr Seaga

Closing:

.....
.....
Yours faithfully (formal usage)

When referring to him and his spouse jointly, they are formally styled, 'The Most Honourable Edward Seaga and The Most Honourable Mrs. Seaga'.

When referring to Mrs. Seaga alone, she is formally styled, 'The Most Honourable Mrs. Edward Seaga' and not 'The Most Honourable Mrs. Carla Seaga'

Article continues at: <http://opm.gov.jm/1-devon-rd/protocol/how-to-address-former-prime-ministers/>



THE RAPE

Ice cold fingers that grope into my dignity,
Foul breath of lust that blows away my sanity,
Fearsome eyes that pierce my soul exposing me to fear,
And leaves me but to whisper lest everyone should hear.

Ravaging force that drives me so and rips against my will,
Rampant beast with wanton desires you savagely fill,
Buffeting relentlessly like angry waves on a battered shore,
And pain becomes an echo down a tunnel with no door.

The scream braced upon my lips, a breath of strangled air,
That drifts away to the deadly silence of a deaf ear,
Menaced by this numbness that cuts me to the core,
I slip down through the blackness where I can fight no more.

This cancer planted in my brain no knife will ever find,
A cloud of empty darkness that muddles up my mind,
Where is sweet oblivion for now I am stripped of pride,
Like a frightened bird when hunted I must away and hide.

Life's now like a garden with the beds all re-arranged,
Such a lonely highway where the signs have all been changed,
But I'll savor every moment that each new day will bring,
To heal the wounded heart so once again it learns to sing.

Verrol K.M. Ebanks, 1995

Assistant Internal Auditor, SRHA Regional Office

Staff Highlight

Wellness Programme Launched to Instill Culture of Healthy Living

Guided by the Ministry of Health's National Strategic Plan and Action for the Prevention and Control of Non-Communicable Diseases, the Southern Regional Health Authority launched its Wellness Programme, geared towards instilling a culture of healthy lifestyle practices in Jamaicans.

The programme was officially launched on Monday, July 3 at the Halse Hall Great House in Clarendon and engaged 45 persons from workplaces and communities in the parishes of Clarendon, Manchester and St. Elizabeth for one year. The programme will incorporate physical activity and proper nutrition as a prescription for healthier lifestyles. Please see below highlights.





HR And You:

“TRAVEL AND SUBSISTENCE”

11. TRAVEL AND SUBSISTENCE

11.1 AUTHORITY

The authority for the administration of the Government’s travelling and subsistence policy, including the setting of rates, is vested in the Ministry with the responsibility for the Public Service.

11.2 PURPOSE

Travelling and substance allowances are granted to meet expenses actually incurred in the performance of official duties. Holders of posts requiring travel should neither be out of pocket, nor should they derive financial benefits beyond their direct costs.

11.3 TRAVELLING ALLOWANCES

11.3.1 Eligibility

When the functions of a post include travel as an essential requirement, the holder of the post may, subject to the applicable provisions, be eligible for either one or a combination of travelling allowances.

11.3.2 Upkeep Allowance

When the functions of a post make it essential for the holder to possess his/her own means of transport, an allowance for its upkeep may be paid. In addition, he/she will be paid for the actual distance (kilos) at the rate prescribed.

11.3.3 Commuted Allowance

In cases where it may be expedient and desirable that the officer possess his/her own means of transport, he/she may be granted a contribution toward the upkeep and running expenses in the form of a commuted travelling allowance. In addition, he/she will be paid for the actual distance (kilos) for travel outside a radius of ten (10) kilometers from his/her place of work.

11.3.4 Allowance In-Lieu

An officer holding a post to which a motorcar upkeep or commuted allowance is attached but who has no motorcar may be eligible for an allowance at the prescribed rate. An officer in receipt of this allowance will not be eligible for reimbursement of taxi fares or bus fares.

11.3.5 Casual Allowance

When an officer to whom neither an upkeep allowance nor a commuted allowance has been granted uses his own means of transport while travelling in the performance of duties, he/she will be paid fully for the actual distance (kilos) at the rate prescribed. 11.3.6 Incidental Allowance An officer who is not in receipt of travelling allowance and who uses the service of a taxi in the performance of his/her duties may be refunded expenses incurred, provided the rates are fair.



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

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Deadline: September 5, 2017