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Students and Teachers Trained to Become Ambassadors for Healthier Lifestyle

As part of the Jamaica Moves in Schools programme, which will strengthen the capacity of the school community to become a healthy setting for learning and working, the Southern Regional Health Authority recently trained 58 high school students and 15 teachers as ambassadors.

A partnership between the Ministries of Health and Education, through the Jamaica Moves initiative, the programme aims to increase the number of students engaging in moderate level of physical



The group of ambassadors from the Winston Jones High School in Manchester (yellow) and the team from the Southern Regional Health Authority.

activity by five percent; increase the number of students that make healthier food choices by five percent; increase the number of schools that have integrated identification of at-risk students for non-communicable diseases and facilitate appropriate intervention by 20 percent from baseline.

According to the Ministry of Health, “non-communicable diseases (NCDs) such as cardiovascular disease, diabetes, chronic respiratory diseases and cancers are one of the major threats to sustainable development in the 21st century. These four major NCDs account for 67 percent of all deaths and 24 percent of premature deaths (occurring between 30 to 70 years of age) in 2015.”

The Ministry added that research in Jamaica tracking body mass index at 7 – 8 years and then at 11 – 12 years revealed obesity rates for study participants increased from 3.5 percent to 9.5 percent, representing an increase of 171 percent, which is in keeping with the trend world-wide in similar middle-income countries.

The Ministry explained that in response to the epidemic of childhood obesity, the Jamaica Moves in Schools programme will utilize health promotion strategies including public health policy, supportive environments, strengthening of community actions, reorienting health services and building alliances with groups particularly the media.

These strategies will include: 5 minutes stretch breaks in schools, National “School Moves Day” annually; implementation of school nutrition standards; implementation of the Interim Guidelines for Sweetened Beverages; institutionalization of a mandatory water day/fruit or vegetable day; facilitation of annual measurements of students’ Body Mass Index (BMI); registry of students identified with NCDs and routine medical checks.

The students, teachers and facilitators from 15 high schools in Manchester, St. Elizabeth and Clarendon participated in a residential camp, November 23 to 25 at the Oceanview Bible Camp in St. Elizabeth, which placed emphasis on nutrition and physical activity and age appropriate and routine health checks.

The ambassadors from the primary school level will be trained shortly.

In The News: Southern Regional Health Authority

New Approach-Public Health Inspectors Partner with Chinese Nationals to Enhance Food Safety



The public health inspectors and some of the Chinese nationals who participated in the food safety workshop.

The Public Health Inspectors (PHI) in Clarendon are being lauded for initiating a programme that trains Chinese nationals and their Jamaican workers in food safety, in order to improve the standards in their establishments.

Public Health Inspector from the Clarendon Health Services, Gabrielle Jackson, who is the Zone Supervisor for the Spalding Health District, explained that normally persons who work in food establishments

would take a test for the food handler's permit, but for the Chinese nationals, the language barrier has been playing a part in maintaining satisfactory levels of food safety compliance.

The Public Health Inspector noted that the Clarendon team decided to take a new approach and train the Chinese nationals and their Jamaican workers in an effort to assist them more with functioning effectively and adhering to the food safety requirements.

"We had a desire to do something that would make a change, a difference. We initiated the workshop which would train the Chinese nationals in the required food safety areas. We had to meet them half way because they weren't able to close the facilities to attend the training and so we decided to take the training to them and have the training in groups" Ms. Jackson added.

Some 24 Chinese nationals were trained recently in areas of personal hygiene, food protection, proper hand washing, solid waste management, food storage, pest control, general sanitation, keeping bathrooms clean and how a food handler should dress. The Jamaican workers were trained on November 14 in workplace ethics, interpersonal relationships, and also how to deal with the language barrier.

Ms. Jackson pointed out that the trainings have been successful as the group used interpreters and presentation tools to assist with the workshops. "Some of the Chinese nationals have little knowledge of the English Language so we had to get dramatic and practical which we realized resulted in them understanding us better. We gave them group work and they had to make presentations on what they would do on a written food handler's permit examination, and the groups did very well. They will receive their food handler's certification at a later time" Ms. Jackson said.

The workshop will become standardized in the parish and the team will conduct assessments and maintain relationships to assess the success of the programme. The establishments will be visited at intervals and the PHI team will continue to work with the establishments to assist with its challenges.

In expressing his gratitude for the partnership, Michael Mao, who also functioned as an interpreter, noted that the workshop was a wonderful idea that the Chinese nationals really appreciate. "We are happy, we are happy. You have helped us to do better and this is very helpful for the Chinese. We now know how to make things better for the customers. We have learnt a lot, we know how to store things better. This is wonderful."



Public Health Inspector from the Clarendon Health Services, Debbian Grant demonstrates how to dress properly in food establishments by covering the hair and wearing the proper clothing and foot wear. Participating in the demonstration is Chinese national Shuging Wu.

In The News: Southern Regional Health Authority

Nurse Practitioners Focus on Only Men at Health Fair



Family Nurse Practitioner Sonia Miller Green from the St. Elizabeth Health Department conducts a blood pressure test on Markland Kepple at the second staging of a men's only health fair by the Southern Regional Health Authority at the Santa Cruz taxi park in St. Elizabeth on November 22. More than 50 men received free services including dental examinations and cleanings, HIV/VDRL testing, prostate examinations, blood sugar and pressure testing. They were also educated in areas of drug use, maintaining good mental health, prostate health and preventing chronic diseases.

The event was sponsored by: Nestle Jamaica, Digicel, Jamaica Standard Products, Pickapeppa, Caribbean Producers Jamaica, MegaMart and FosRich.

Family Nurse Practitioner Ellotha Beckford Muschamp from the Manchester Health Department explains a point to Harold Bernard before doing a prostate examination at the men's only health fair held at the Santa Cruz taxi park in St. Elizabeth on November 22. The health fair, now in its second year, was held in an effort to encourage men to take better control of their health. More than 50 men received free services including dental examinations and cleanings, HIV/VDRL testing, prostate examinations, blood sugar and pressure testing. They were also educated in areas of drug use, maintaining good mental health, prostate health and preventing chronic diseases.

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In The News: Southern Regional Health Authority

Jamaica Moves in Schools Ambassadors Camp

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Staff Highlight

SRHA High Achievers at National Health Research Conference



The Southern Regional Health Authority congratulates Mental Health Officer from the Clarendon Health Department, Mr. Kevin Allen (right) and Sister in charge of the accident and emergency department at the Mandeville Regional Hospital, Karen Wright Foster (2nd left) for their achievement and recognition at the Ministry of Health's 9th annual National Health Research Conference which was held November 22-23 at the Jamaica Conference Centre.

Mr. Allen was awarded best speaker for his presentation on "Assessing the screening practices of community mental health nurses for metabolic side effects in patients diagnosed with schizophrenia".

Nurse Wright Foster's research was awarded best research for influencing

policy. Her research on "Nurse Managers perception of their responsibilities in handling crowding in the emergency department" was presented by Lecturer at the UWI School of Nursing, Mauvette Waite (left).

Photographed also are Deputy Chief Nurse at the Ministry of Health, Karen Nelson (centre) and Mr. Allen's Research Supervisor from the UWI School of Nursing, Garriques Lloyd.

The Lighter Side



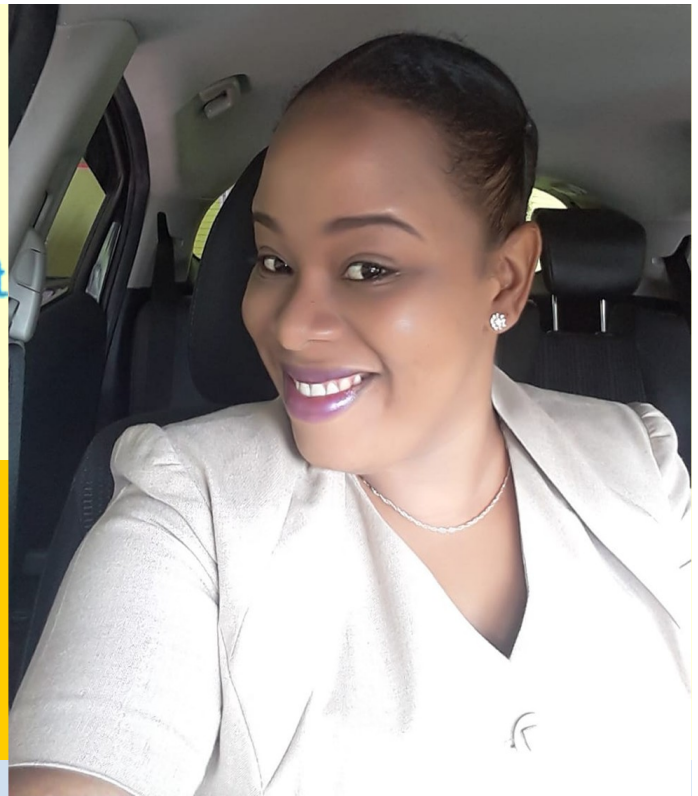
DEAR SANTA,
ALL I WANT
IS A FAT
BANK ACCOUNT
& A SKINNY BODY
PLEASE DON'T
MIX IT UP
AGAIN LIKE
LAST YEAR!



Nelesha Brown-Wint

**Deputy Chief Public Health Inspector
St. Elizabeth Health Services**

“Phenomenal Woman”



Having provided more than ten years of exceptional service to public health with the Southern Regional Health Authority, Deputy Chief Public Health Inspector for the St. Elizabeth Health Services, Nelesha Brown-Wint, describes the experience as rewarding and fulfilling.

“I have had the opportunity to be a part of numerous training seminars and workshops which has helped to shape my career. I have also been a part of a team that constantly encourages and motivates me to achieve the highest standards professionally and otherwise” she relates.

The Deputy Chief Public Health Inspector is particularly grateful to her superiors for believing in her potential and recommending her for managerial positions which she is humbled by. “I am forever humbled at how much faith my leaders have in me to be constantly recommending me for these positions” she adds.

For her outstanding service, she has received several awards including Most Outstanding Final Year Public Health Inspection student, 2008, Worker of the Year- Cross Key Health District, Manchester 2011, Public Health Inspector of the Year, Manchester Health Department in 2015 and the Managers Award for Excellence, St. Elizabeth Health Services in 2017.

With the special abilities of being an excellent listener, motivator and communicator, Mrs. Brown-Wint is described as a visionary, compassionate, humbling, caring, determined and a phenomenal woman.

She is guided by the philosophy, “be strong but not rude, be kind but not weak, be bold but not a bully, be humble but not timid, and be proud but not arrogant”. Nelesha points out that her biggest inspiration is God, noting that she always strives to do what is pleasing in His eyes. She adds that her family also serves as extra inspiration, especially her children (twin girls) who serve as a constant reminder that she must give of her best at all times.

The most important life lesson she has learnt is to always have faith in God, “trust Him to lead my life because all things work together for good for them that love the Lord. I can recall many instances when I felt like things are not going the way I want them to and I feel disappointed however God always work things out for the better.”

A lover of music by Celine Dion and movies by actor Idris Elba, Nelesha can be found on the weekends at a football or cricket game or at home watching television with her family.

Wellness Bytes

"Preventing the Flu"

Credit:
Ministry of Health



Health & Wellness



Things To Do To Prevent The Flu



Avoid close contact:
to prevent others from getting sick too



Stay home when sick



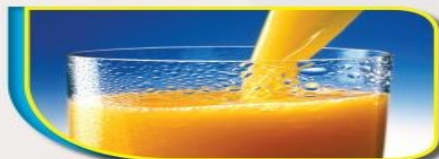
Cover your nose and mouth:
with a tissue or sleeve when coughing or sneezing



Wash your hands often:
which helps to protect you from germs



Avoid touching your eyes, mouth and nose



Practice good health habits:
exercise; eat healthy; manage stress;
drink plenty of fluids

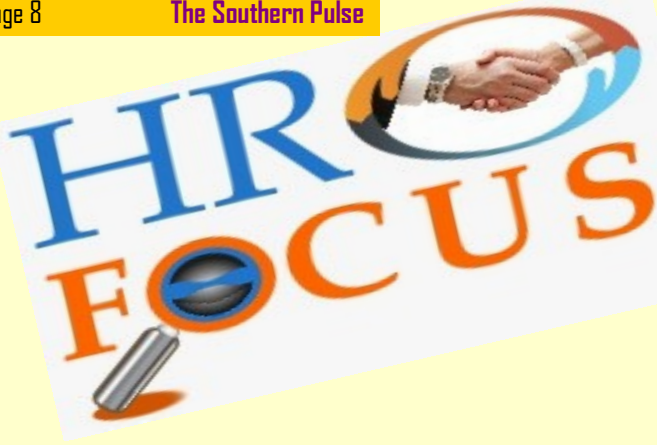
We welcome your input. Please submit your articles and feedback for the November edition to:

Latoya Laylor Brown, Public Relations Officer

Email: latoya.laylor@srha.gov.jm

Deadline: December 31, 2018





HR And You:

“ALLOWANCES”

6.7.1 Acting Allowances

- i) An employee who is appointed to act in a higher grade than his/her own for a continuous period exceeding twenty (20) working days is entitled to be paid an acting allowance in addition to his/her substantive salary;
- ii) The acting allowance is to be calculated from the date of the working day on which the acting duties are assumed to the last working day preceding the date on which the employee resumes normal duties.
- iii) A weekly paid employee acting in a classified position at a higher grade in another occupational group for a period of five (5) or more continuous working days shall be entitled to an acting allowance.
- iv) A weekly paid employee acting in the same occupational group at a higher grade for ten (10) or more continuous working days shall be entitled to an acting allowance.
- v) An acting allowance should be calculated on the basis of the difference between the officer's salary and the minimum salary of the post in which the officer is acting
- vi) The acting allowance to be paid should be equivalent to at least one increment in the salary scale of the higher post. If the calculation falls between, the allowance to be paid will move to the higher point.

6.7.2 Seniority Allowance

- i) An Officer who holds a post to which an annual scalar salary is attached, and who has served at the maximum salary of the scale for three (3) years or more will be eligible to receive a seniority allowance at a rate equivalent to the highest incremental rate of his/her salary scale, subject to paragraph (iii) of this section, except where there is established evidence that he/she is not performing satisfactorily.
- ii) A weekly-paid officer who holds a post to which a scalar salary is attached, and who has served at a maximum salary of the scale for a period of two (2) years or more, will be eligible to receive a seniority allowance at a rate equivalent to the highest incremental rate of his/her salary scale, subject to paragraph (iii) of this section, except where there is established evidence that he/she is not performing satisfactorily.

iii) The grant of any seniority allowance will be made only if there is no increase in the number of increments attached to the particular scale.

iv) All officers who have been granted seniority allowance will be considered for the grant of one (1) further increment if, in the absence of promotional opportunity, he/she serves three (3) more years in the same post, except where there is established evidence that he/she is not performing satisfactorily.

v) Seniority Allowances are personal to the officers who have earned them and are taken into account in the calculation of retiring benefits.

6.7.3 Duty Allowance

- i) A duty allowance may be payable to officers who are required to work beyond established working hours on a regular basis.
- ii) To be eligible for duty allowance, the duties performed must be related directly to the regular duties of the officer.
- iii) Such a duty allowance may only be paid to the officer who actually performs the duties in respect of which the allowance is granted.
- iv) Duty allowance rates and other eligibility criteria are determined by the Ministry with responsibility for the Public Service.
- v) The allowance may be paid to the substantive holder of the position to which the duties are attached, during any period of leave of absence not exceeding twenty (20) working days at any one time.
- vi) In the event of an officer who is in receipt of a duty allowance being granted a leave of absence in excess of twenty (20) working days, the officer acting in the position and performing the duties will be paid the allowance for the duration of the acting appointment and the substantive holder of the position will receive the duty allowance for the first twenty (20) working days only.
- vii) Officers who receive overtime payment for working excess hours are not eligible for duty allowance.