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Public Health Inspectors Host Inaugural Exposition to Educate and Empower Populace

The Public Health Inspectors (PHI) of Manchester hosted an inaugural Environmental Health Exposition on Wednesday, June 13, in an effort to increase awareness about environmental health and empower consumers within the parish of Manchester, to ensure that their environmental needs are met.

The Expo was staged under the theme, "Public Health Inspectors Safeguarding Your Health" and will be held at the Parking Lot at the Wesley Methodist Church and Ho's Supermarket, 59 Manchester Road in Mandeville, Manchester.

The morning segment included a poster competition by primary school students and also booth displays which will showcase the different areas of environmental health. In the afternoon, there was an opening ceremony at while a jingle competition, entertainment and physical activity closed the day's event.

Chief Public Health Inspector for Manchester, Charmaine Palmer-Cross explained that with 25 PHI serving the environmental health needs of 190,000 persons in Manchester and with 15 officers constantly on the ground, the PHI's of Manchester are cognizant of the challenges in meeting all the environmental needs of the parish.

She explained that there are at least five programme areas that must be constantly manned which includes food safety, institutional health, vector control, veterinary public health and water sanitation.

"Approximately 1,500 food handling establishments with over



Nurse Llelia Beecher (left), who works in the Christiana Health District and is a former president of the Christiana Leased Primary School Parent Teachers' Association, accepting the first-place trophy in the poster competition on behalf of the institution from medical officer of health in Manchester, Dr Nadine Williams.

Photo Credit: Jamaica Observer

300 schools that are monitored under the institutional health programme as well as health centres, hospitals and penal institutions. The vector control programme has maintained a downward trend in its Aedes Index moving from 40 percent in 2015 to 20 percent in 2017. The parish is working to attain a target of 15 percent by the end of 2018" Mrs. Cross said.

The Expo was held as part of a series of events by the Manchester Health Services in celebrating June as Health Month, in an effort to improve the health and wellness of its staff and clients in Manchester.

In The News: Southern Regional Health Authority

Unique Health Fair for Pregnant Women Making Strides



A section of the pregnant women learning the importance of exercise during pregnancy.

An antenatal health fair, dubbed PREGMATE, Pregnant Mothers Advancing Through Education, by the Manchester Midwives Association and the only one of its kind in Jamaica, has been making great strides in empowering pregnant women to take charge of their reproductive health.

Midwife at the Manchester Health Department (MHD) and Coordinator of PREGMATE, Petal McNally said the initiative was developed out of the need to educate pregnant women, as there was an increase in areas of concern in pregnancy including anemia, hypertension, dental care and nutrition.

"We thought it would be good to bring them in a forum like this to educate them on various areas relating to their pregnancy. We really want to ensure that mothers of today know that pregnancy is a beautiful thing but if they don't manage it carefully then they will have challenges" Nurse McNally explained.

She noted that at this year's 4th staging, the pregnant women were exposed to the importance of dental hygiene in pregnancy, postpartum depression, naming and registration of babies, foetal growth and development, pre-eclampsia and eclampsia, complimentary feeding and the importance of exercise in pregnancy.

Nurse McNally added that the Manchester midwives are interested in spreading this type of initiative across the island, based on the reception, support and the impact that the midwives have noticed.

For her part, Registered Midwife at the MHD, Nichole Smart noted that the Manchester midwives have the highest number of home deliveries in the island, adding that this is part of the core functions of a midwife.

"In 2017, we had 31 home deliveries and from January to present (May), we have had 26 home deliveries in Manchester. Sometimes home births are requested and sometimes we make the suggestion to expectant mothers as it is more convenient than going to a hospital. Some pregnant women prefer this method of delivery as family members are able to be involved in the process. The women also get one on one attention with a midwife" Nurse Smart explained.

Participant in the day's activities, Petrina Richards noted that though this is not her first pregnancy, there are many things she does not know that will help her to have a healthy pregnancy. She expressed gratitude to the organizers of the initiative, noting that she has learnt many things which will help her to be better prepared.



Midwife at the Manchester Health Department and Coordinator of PREGMATE, Petal McNally accepts a donation for pregnant mothers from Lasco's Product Detailing Representative, Jodi-Ann Mullings.

Facilities on the Move

Percy Junor Hospital Celebrates 73rd Anniversary

The Percy Junor Hospital in North East Manchester celebrated its 73rd anniversary on June 28 with a Customer Appreciation and Jamaica Day function. Participants enjoyed booth displays from several stakeholders of Jamaican dishes and craft items.

Please see below highlights.



Staff Highlight

Inaugural Environmental Health Exposition

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Please see below highlights.



Photo Credit: Jamaica Observer



Nerreitia McFarlane

**Specialist Nurse
Mandeville Comprehensive Clinic**

“Kind, Patient, Gentle Nurse”



“Treat every person with love, respect and care because our humanity is the common thread with which we are all woven and interwoven; what affects one, affects all of us,” profound words that Specialist Nurse, Nerreitia McFarlane says is the most important life lesson she has learnt.

A Specialist Nurse who is also a Registered Midwife at the Mandeville Comprehensive Clinic, Nurse McFarlane has been providing quality healthcare for the past 19 years, but has been with the Southern Regional Health Authority (SRHA) since 2009.

Having worked outside of the region, Nurse McFarlane has high praises for the workers within the southern region, noting that “I have thoroughly enjoyed a good working relationship with the SRHA. The workers are some of the most dedicated and committed healthcare workers that you will find anywhere; and I say that against the backdrop of my working elsewhere.”

The Specialist Nurse shares that her responsibilities include but are not limited to “administering medications, wound care and other personalized interventions, providing health promotion, counseling and education, interpreting patient information, making critical decisions about needed actions and coordinating care in collaboration with other healthcare professionals.”

Described as a kind, patient and gentle nurse, Nerreitia notes that she strives to be good; “not necessarily great; because so many have attained greatness without ever having acquired goodness.” She tells the Pulse that her Christian faith inspires her and steers her to do her best at all times.

A wife and mother of three children, Nurse McFarlane describes her family as one of her biggest personal achievements which she is thankful for. For her, she is yet to realize some of her professional goals but admits that she experiences great satisfaction in being a part of the transformation of human lives “under my care on a daily basis.”

Some of the awards and recognitions she has received includes Student of the Year-1999 from the Northern Caribbean University, 2012 Outstanding Worker of the Year from the Mandeville Comprehensive Clinic and an Appreciation Award from the Manchester Health Department in 2017.

Nurse McFarlane is encouraging her colleagues to maintain strict levels of confidentiality and professionalism at all times and enjoy their profession while loving people dearly.

Wellness Bytes:

"Benefits of Aloe Vera"

Credit:
Jamaica Gleaner



Health & Wellness

Fight infections: Aloe vera helps fight infection against injured skin, preventing different strains of bacteria from invading a wound.

Cleanse the body: Probably, the most-known use of aloe vera is as a body cleanser for the stomach, liver, kidneys, spleen, bladder and colon. It has been known to provide relief for indigestion, stomach distress and ulcers. Persons suffering from bladder and kidney infections have claimed relief from drinking aloe vera.

Boost the immune system: Acemannan in the aloe vera is being investigated for its effects in boosting T-lymphocyte cells for the immune system.

Help arthritis: Anecdotal reports indicate that taking aloe vera in any form - juice, tablets or capsule - reduces swelling and inflammation in arthritic joints.

Improve skin: Aloe vera gel is used to treat first-degree burns, to shrink warts, reduce the pain of shingles and the symptoms of psoriasis. The plant also eases discomfort of rash caused by poison ivy and other plants.

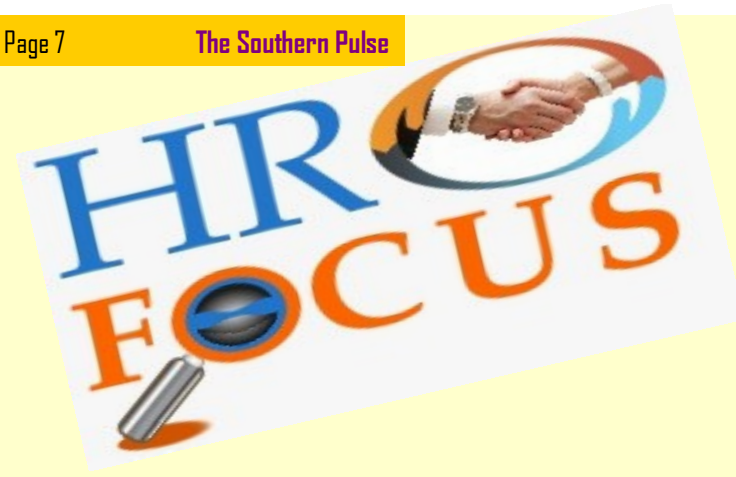
Treat ulcers and heartburn: The soothing benefits of aloe vera may also help with peptic ulcers, colitis and irritations of the digestive tract. The anti-inflammatory effects of fatty acids in aloe vera will alkalise acidic gastric juices to prevent over-acidity in the stomach.

Relieve dental problems: Bleeding gums and denture abnormalities are relieved by aloe vera. Used as mouth wash, aloe vera is good for lockjaw and cold sores.

Detox: Aloe vera juice is used in detoxifying, cleansing the blood and it can ease constipation.



On the Lighter Side



HR And You:

“EMPLOYEE RECORDS”

2.1 EMPLOYEE FILE

A file shall be created when an employee starts working within the Public Service regardless of the type of employment. Standard documentation to be placed on the file includes:

- a) The letter of application and/or completed application form;
- b) Record of employee's performance in the selection process;
- c) Proof of age, qualification, marital status;
- d) Report of medical examination(s);
- e) Documentation of reference checks;
- f) Letter(s) of appointment
- g) Personal information (next of kin, emergency contact numbers, special needs and/or circumstances, etc);
- h) Leave application and permission letters;
- I) Copies of performance evaluation
- j) Copies of training and development plans;
- k) Copies of certificates, results of training and development activities, citations, awards, etc;
- l) Record of changes in salary, benefits and allowances.
- m) Copies of any disciplinary actions against the employee;

2.2 MAINTENANCE OF RECORDS

- i) All employee records are to be kept in the Human Resource Division of the Ministry or Department under conditions which ensure security and protection from hazards (water, fire, etc).
- ii) Any change in the employee's status must be duly noted in a timely manner and added to the employee's file. Supervisors shall ensure that all letters, memoranda, and documents related to an employee are sent to the Human Resource Division for inclusion in the employee's file;
- iii) Employees are to be notified of the addition of any and all new information/documents to their files.
- iv) Employees shall ensure that their records are kept current by notifying the Human Resource Division, in writing of any changes in circumstances such as academic achievements, change of ad

dress, marital status, next of kin, beneficiary, etc;

v) Any addition of information/documentation to the file by an employee must be done through the appropriate authority in the Human Resource Division;

vi) The removal of any information/documentation from the file, by an employee, can only be done through, and with the permission of the appropriate authority in the Human Resource Division;

vii) An employee's file shall not be removed from the Human Resource Division except by authorized officers and with the permission of the Permanent Secretary/ Head of Department.

2.3 SERVICE RECORD

- i) In addition to the other information on the employee file, a service record is to be kept, which shall note relevant changes to an employee's status (promotions, transfers, salary changes, etc);
- ii) Upon any movement of the employee within the Civil Service, the original of the employee's Service Record with entries properly completed and certified must be forwarded to the Head of the Human Resource Division in the new organization, and a copy provided to the employee.

2.4 ACCESS TO PERSONAL FILE

- i) An employee shall have the right to access and view his/her own personal file, and make copies of any document upon request to the Head of the Human Resource Division.
- ii) Any access, viewing or copying shall be done in the presence of suitably authorized personnel within the Human Resource Division.

2.5 CERTIFICATE OF SERVICE

- i) Upon leaving the public service, an employee, regardless of status, shall be provided with a formal certificate of service;
- ii) Such a certificate shall indicate details of years of service, changes in status during the period of employment and a summary of any entitlements;
- iii) If an officer has been dismissed for any reason, the certificate shall indicate that a reference should be made to the Permanent Secretary of the Ministry or to the Head of the Department;

2.6 REFERENCE CHECKS

Response to requests for references relating to an employee's career shall be based on the documentation contained in the employee's personal file.