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Two Member Foundation Making Big Impact at Black River Hospital

For the past five years, the Bessie Kates Foundation Inc. has been providing immeasurable support to the Black River Hospital in St. Elizabeth; the efforts of only two members, founder Alicia Kelly and photographer, Will Lewis.

The Foundation, which is named in honour of the grandmother of Ms. Kelly, was established in June 2009, with the aim of providing free medical supplies and equipment to hospitals and clinics in developing nations.

Ms. Kelly, who holds a Masters of Jurisprudence in Health Law, and who lived in Jamaica for one year, noted that the team visits the hospital biannually to provide a range of clinical and educational services, in addition to donating sundries and equipment.

She pointed out that in 2017, the team which also included her mother, retired pediatrician, Dr. Gayle Kates, a paediatric nephrologist and an ICU paediatric nurse visited the hospital during the week, August 21- 25, and provided support to the hospital team in several areas.

The Bessie Kates Foundation Inc. founder explained that on this visit, training was provided to staff in areas of risk management and customer service, in addition to providing support to the hospital's medical records department. She added that the Foundation also donated supplies to the hospital including bed linen and several small equipment.

"Our goal is to become a clear bridge of healthcare delivery to hospitals, clinics, and government bodies. We believe that everyone deserves quality health care. No matter where you reside, your health should never be compromised" Ms. Kelly said.



Dr. Celeita Senior from the Black River Hospital (BRH) (left) accepts a gift from founder of the Bessie Kates Foundation, Alicia Kelly while Ward Manager for the Paediatric Ward at the BRH, Nurse Erica Myers looks on.

For CEO for the hospital, Mrs. Diana Brown-Miller, the support from the Foundation has been tremendous as staff and patients look forward to the visit of the team each year. She added that the partnership has significantly boosted patient care at the facility.

"Over the last five years, the Black River Hospital has received donations of bed linen, small equipment as well as volunteers assisting in various areas of the hospital. The Medical Records department was given significant support with the organization of their files and the arranging of thousands of inactive dockets in numerical order for purging. A team of three volunteers was here in the week of August 01-05, 2017 and did two days of work in medical records and also assisted in the feeding of patients" Mrs. Brown-Miller added.

In The News: Southern Regional Health Authority

338 Residents of Manchester Receive Free Cataract Surgeries



Consultant Anaesthetist, Dr. Nitin Shah (right), in discussion with Regional Director, Southern Regional Health Authority, Michael Bent, chats with Dr. Nitin Shah, following the recent free cataract surgeries performed at the Mandeville Regional Hospital in Manchester.

Free cataract surgeries were performed on 338 residents of Manchester, Clarendon and St. Elizabeth from April 21 to 23, at the Mandeville Regional Hospital.

The surgeries were made possible through a collaboration between the Florida-based Mind, Body and Soul Ministry (MBSM) and the Kiran and Pallavi Patel Family Foundation. This is the fourth year of the health mission to Jamaica.

Co-founder of MBSM, Horace Morgan, said his organisation was created to make a difference in the lives of those who are underserved. He lauded the Patel Family Foundation for not only helping with the annual Cataract

Camp, but also for helping to renovate the Alexandria Hospital in St. Ann.

Mr. Morgan recalled the initial telephone contact with the Mandeville Eye Clinic, describing it as pleasant and receptive. He said his message was properly relayed to the Consultant at the Ophthalmology Department, Dr. Gavin Henry, and their subsequent conversation has led to a great relationship since then.

“They are a great team; we are always welcome. All our questions are answered and every cooperation that we need from Dr. Henry and his team – from nurses to porters and security personnel – we have got it,” he said.

Heading the overseas team was Consultant Anaesthetist, Dr. Nitin Shah, who said having been to 12 countries on some 103 missions, apart from one hospital in India that tops everyone in efficiency, the Mandeville Regional Hospital is the second most efficient place he has worked.

“We did 225 surgeries in five days, then 227 in three, then 251 in three days and now 338 in three days,” he said, chronicling the four years of the mission.

Meanwhile, Founder of the Kiran and Pallavi Patel Foundation, Dr. Kiran Patel, was full of praise for the volunteers who gave of their time.

“Everyone has the same 24 hours in a day. How you use them makes a difference. I know that everyone in this room has chosen to use their time to impact the lives of other people, change them and make them better,” he said of the team that performed the surgeries.

For his part, Regional Director of the Southern Regional Health Authority (SRHA), Michael Bent, said the region continues to be grateful for the partnership and the impact on thousands of lives.

“In many cases, these persons who receive surgeries were once breadwinners, but they had to be cared for by families who at times had to sacrifice time from work to care for them. Today, they are able to return home and make a meaningful contribution,” Mr. Bent said. He pointed out that the market rate for the service provided over the last three days would be some \$50 million.

Credit: Jamaica Information Service

Facilities on the Move

Get Vaccinated- Jamaicans Urged to Improve Defense Against Vaccine Preventable Diseases



Public Health Nurse at the Chapelton Community Hospital in Clarendon, Olufunke Adetola vaccinates Tafari Morrison, teacher at the Coates Pen Basic School in Clarendon at the commemoration of Vaccination Week in the Americas in Canaan Heights.

The Clarendon Health Department is appealing to Jamaicans to get vaccinated as a safe way to strengthen their defense against vaccine preventable diseases. The call was made at the 16th commemoration of Vaccination Week in the Americas at the Canaan Heights Community Centre in Clarendon recently.

Regional Nursing Supervisor at the Southern Regional Health Authority (SRHA), Nadine Johnson Griffiths explained that this year's slogan, "Strengthen your defense! #GetVax #VaccinesWork" uses the idea of strengthening the defense on a soccer/football team as a metaphor for strengthening one's defense against vaccine-preventable diseases through vaccination.

"When vaccines are given, it produces antibodies which protect against diseases before diseases develop. If a certain proportion of the population is vaccinated then less vaccine preventable diseases would be circulating in the population, which is our goal " Nurse Johnson Griffiths explained.

Regional Technical Director for the SRHA, Dr. Vitillius Holder pointed out that the Government has placed great emphasis on the importance of vaccination in fighting diseases, which has resulted in the rare occurrence of certain diseases including mumps, measles, polio and tuberculosis.

"When we look at our data we find out that many of our ladies are developing cervical cancer and therefore the Government is on a drive to vaccinate our girls in schools. We have vaccines to strengthen your defense against types of conditions like pneumonia that can kill you, so it is important that persons understand that vaccines help us to fight diseases" the Regional Technical Director said.

For her part, Medical Officer of Health for Clarendon, Dr. Kimberly Scarlett-Campbell noted that the success of vaccination in Jamaica has contributed to the development of tourism in the country.

"When our athletes leave to represent Jamaica they are fully vaccinated. When foreigners come to Jamaica they know that they are not coming to contract any type of vaccine preventable diseases and this contributes to the growth of tourism in Jamaica because our citizens are well vaccinated" Dr. Scarlett-Campbell said.

Each year, as part of the week-long commemoration, more than 40 countries and territories in the Americas collaborate to raise awareness on the importance of immunization, making a special effort to reach people who may not have regular access to health services.

Dr. Scarlett-Campbell noted that the health team vaccinated over 80 persons from the Canaan Heights community while some 200 residents from the Bucknor community, both in Clarendon were vaccinated. She added more than 170 persons from the fishing villages in Clarendon were vaccinated and 66 workers from the National Solid Waste Management Authority received vaccines.

Facilities on the Move

Manchester Health Department Urges Residents to Take Charge of Health



Member of Parliament for North West Manchester, Mikael Phillips (right) shows the audience how he engages in physical activity at the celebration of World Health Day by the Manchester Health Department. The health team encouraged residents to take responsibility for their health and practice healthier lifestyles. Mr. Phillips commended the health team for demonstrating to residents the importance of physical activity and healthy diets. Photographed also are: Senior Health Education and Promotion Officer at the Ministry of Health, Charmaine Plummer (left) and Councillor for the Greenvale Division, Hesroy Dwyer.

Children from the Georges Valley Basic School demonstrate that whatever your age, it is important and enjoyable to participate in physical activity. The students were participating in the celebration of World Health Day hosted by the Manchester Health Department under the theme, “Universal Health Coverage: Everyone, Everywhere”. Several residents were encouraged to take responsibility for their health through healthier diets and regular physical activity.





Patrice Barton-Pink

**Mental Health Social Worker
Clarendon Health Department**

“Objective to Impact and Change Lives”



Professional achievements vary for persons, but for Mental Health Social Worker at the Clarendon Health Department, Patrice Barton-Pink, her biggest professional achievement to date is reuniting a patient with her family; quite profound!

Mrs. Barton-Pink relates that “a patient was admitted to the ward and was stabilized, ready for home but the church family she was living with refused her. She had nowhere to go and so she relapsed on the ward. It was during this period that I learnt of her. There was no contact information for family. While interviewing the patient she misrepresented the information, sending me on a ‘wild goose chase’. By employing my investigative skills I was able to locate her childhood caregiver, her father, an aunt and later her mother with whom she now resides. She has gone back to work and is gradually improving her life and the relationship with her family. I feel a sense of accomplishment when I reminisce on where she was and how she is re-inventing her life. Now she ceases every opportunity to express her gratitude for the work that I have done and is doing for her. For me, helping her or anyone to rebuild relationships is an accomplishment.”

Encouraged to emulate Jesus’ ministry on earth, Mrs. Barton-Pink notes that it’s never an easy task working with people and the diversities that exist; however, “doing your best is never about being on top but rather ensuring that the people you serve are empowered to rise above their circumstances.”

Though, only serving the Clarendon Health Department for two years, Mrs. Pink has been providing exceptional care to patients including: psycho-education to patients and families, individual and family psychotherapy sessions, promoting and encouraging family support; networking and linking patients and families with relevant service agencies to assist in their overall well-being, conducting home assessment and investigations, conducting parent empowerment and behavior modification sessions for child and adolescent mental health patients and caregivers, among several others.

Described as a task-driven and result-oriented individual, this Mental Health Social Worker tells *The Pulse* that working with the mentally challenged has given her a sense of purpose and fulfillment, adding that “my objective has always been about impacting lives and helping to make a positive change in the lives of marginalized individuals.” She relates that the most important life lesson she has learnt is that failure is good, as it shows that you had the courage to try.

When asked what her professional advice for colleagues is, Mrs. Barton-Pink says the health care profession cannot be about self, noting that one needs to have a good relationship with self before establishing a good one with others. “The job we do requires partnership and relationship to achieve ultimate success. And so I encourage you to put God first, have a good relationship with self and see the people you work with as individuals in need of partnerships so that they can be empowered. Make the welfare of your patients your welfare” she says.

A trained and certified Mediator with Dispute Resolution Foundation of Jamaica, Mrs. Barton-Pink currently serves on the District Consultative Committee for the Mocho Road Division of the Jamaica Constabulary Force and also on the Homeless Committee for Clarendon.

Her main desire for her country at this time is that Jamaicans would understand and practice the true meaning of love.

Staff Highlight

Administrative Professionals Working Together to Move Mountains

The Jamaica Association of Administrative Professionals (JAAP)—Manchester Chapter celebrated Administrative Professionals' Week 2018, under the theme "Caribbean Administrative Professionals.... Working Together to move Mountains". The Manchester Chapter celebrated Administrative Professionals' Week with several activities including a Luncheon a Professional Development Seminar on Tuesday, April 17 at the Ridgemount Church in Mandeville, Manchester. The Seminar was geared towards educating and empowering the Administrative Professionals to perform more efficiently and effectively.

Please see below photographic highlights.



Wellness Bytes:

“Vaccines Save Lives”

Credit:
Jamaica Information
Service



Health & Wellness

Minister of Health, Dr. the Hon. Christopher Tufton, says immunisation is one of the most successful and cost-effective health interventions, which saves the lives of some three million children in the Americas each year.

He was speaking at the launch of Vaccination Week in the Americas at the Jamaica Pegasus Hotel in New Kingston on Thursday, April 21.

Dr. Tufton stated that through a global vaccination programme, smallpox was eradicated in 1980, and polio is on the verge of being wiped out.

“Immunisation has led to a substantial reduction of illnesses and death from diseases such as polio, measles, whooping cough, rubella and newborn tetanus,” he stated.

Dr. Tufton said that deaths from measles have decreased by almost 80 per cent over the past 10 years, which, he noted, is a significant achievement.

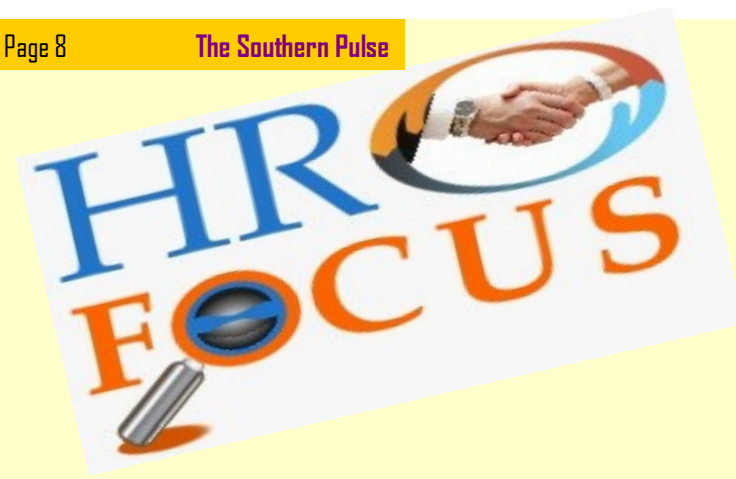
He said that Jamaica’s immunisation programme has managed to eliminate a number of vaccinated-preventable diseases. These include poliomyelitis (polio) in 1982; measles in 1991; rubella, 2000 and the last case of newborn tetanus was recorded in 2001.

Pan American Health Organization (PAHO) Representative in Jamaica, Dr. Noreen Jack, said that Vaccination Week in the Americas seeks to raise awareness and promote the benefits of vaccination, while seeking to strengthen the immunisation programme in countries throughout the region. “The initiative also seeks to identify and reach populations, who are most at risk at contracting vaccine-preventable diseases, due to their lack of access to routine immunisation,” Dr. Jack noted further.

More than 365 million persons have been vaccinated since the launch of Vaccination Week in the Americas in 2003. In Jamaica, the immunisation regulations under the Public Health Act require all parents to have their children vaccinated with the primary series of vaccines by 12 months and to obtain booster doses as required. It also mandates that children must be adequately vaccinated for their age, prior to entry to school and this includes day care and nursery facilities. The regulations only allow for exemption from vaccination based on medical reasons, and not on religious or philosophical beliefs.



On the Lighter Side



HR And You:

"PREPARING EFFECTIVE RESUMES"

1. The Purpose of Your Resume

Remember - a resume is aimed solely at getting you to the interview. Every word on your resume should assure your prospective employer that you could do the job well. Concentrate on those aspects which can bring most benefit to the employer and tailor your resume to the job.

You can think of preparing a resume as a part of a sales pitch where you are the benefit that you are trying to sell. Your resume is your written sales proposal and the interview is your chance to present your proposal (yourself) in a compelling way.

You first need to get the recruiter interested in the benefit - you - so that you get the chance to make your presentation.

2. The Structure of Your Resume

There are typically the following 5 main elements to a resume:

- Skills
- Work Experience
- Education
- Personal Interests
- Contact Details

There is no single perfect order in which to include these 5 elements. You should start with those which your prospective employer will find most important. Typically this will mean including your skills or work experience at the beginning with the most recent experience first. If you do not have any work experience you may want to start with your educational achievements. Naturally your contact details are important - but only if everything else fits. Contact details are the last thing an employer will look for and should be the at the end of your resume.

Keep your resume to a maximum of two pages. Leave out any experience that is not relevant. If you have just left school or graduated a single page would be better.

Ensure that your resume is easy to read. The employer should be able to scan it quickly and obtain the key points. Check your resume several times. Bad spelling or formatting reflects poorly on you. A recruiter will not employ somebody in a job which requires the skilled use of language if the candidate is unable to spell.

3. Addressing the Requirements of the Job

If you are replying to a job advertisement, carefully analyse the wording of it and make sure that your resume as far as possible addresses every requirement. In the absence of an advert obtain as much information as far as is possible about the post so that you can evaluate what skills and experience are likely to be required and ensure that your resume addresses those requirements.

However, do not simply state that you have, for example, "Communications Skills". It is meaningless to make such statements in isolation. They will not impress the employer. Every applicant will claim to have "Communication Skills". Substantiate such statements based on your work experience or other activities.

4. Taking the Employer's Perspective

Once you have finished writing your resume put yourself in the position of your prospective employer. Imagine that you were faced with a hundred or more resumes from applicants for a job of which yours was just one. Imagine also that you had only a very limited amount of time in which to evaluate and short-list the applicants - 30 seconds per applicant. Would you select your own resume for the short-list? If not, don't expect the employer to do so.

5. The Cover Letter

Cover letters should be tailored to the job for which you are applying. It is a good idea to send one whether or not a cover letter is required. Remember to address in a cover letter any points which you are specifically asked to provide in such a letter. This is often the first stage in the sifting process. A letter which does not provide the information required may result in your application being immediately dismissed without any attention to your carefully crafted resume.

Cover letters also enable prospective employers to assess the standard of your written English, so write them with great care. Keep cover letters to no more than one page in length.

Make sure you explain what you are applying for, why you are qualified for the post and how you can add value, and why you are approaching this particular employer.

6. Submitting Resumes On-Line

Websites enable employers to search resumes by using key words. You need therefore need to include key words in your resume. Keep formatting simple. Do-not embed tables, graphics or other objects. Use a serious sounding email address.