

NOVEMBER 2019



## The Southern Pulse

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## Initiative by Public Health Inspectors to Enhance Food Safety Embraced by Chinese Nationals

Within eight months, the Public Health Inspectorate body in Clarendon has seen their compliance rate regarding food safety, move from 20 to 80 percent, among Chinese nationals.

This is the result of an initiative by the team to train Chinese nationals and their Jamaican workers in food safety,

Public Health Inspector (PHI) from the Clarendon Health Services, Gabrielle Jackson, who is the Zone Supervisor for the Spalding Health District, explained that the language barrier has been a challenge for the Chinese nationals in maintaining satisfactory levels of food safety compliance.

"Ninety percent of the supermarkets and wholesale businesses in the towns of Frankfield and Spalding in Clarendon are owned by Chinese nationals and so the team decided in 2018 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" Ms. Jackson said.

The Public Health Inspector pointed out that this year's workshop has exceeded expectations, adding that: "This year our sessions were very interactive and we had more practical sessions. I know the compliance results will be better because the participants demonstrated during their assessment just how much they have grasped regarding food safety. The Chinese have also requested that this programme be shared with their colleagues in other parts of the island."

Ms. Jackson said the workshop has become standardized in Clarendon, adding that the team conducts assessments and maintain the relationships, in order to sustain the success of the programme. The establishments are also visited periodically by the PHI team to assess and assist with any challenges.

Some 50 Chinese nationals and their Jamaican workers were trained from November 6 to 8 at the Spalding United Church Hall in Spalding, Clarendon in areas of personal hygiene, ethics and interpersonal skills and cleaning and sanitization. Other areas included: food storage, pest control, hand washing techniques, solid waste management and public health legislations and regulations.

Chief Public Health Inspector for Clarendon, Linnees Green-Baker welcomed the workshop, noting that it has broken barriers of misconception and misinformation because Public Health Inspectors are normally seen as persons who close businesses. "You are valued stakeholders in food safety and we recognize the sacrifice that you have made to be here to participate in this workshop. We want to see you do well and set a high standard for food safety in the parish" Mrs. Green-Baker told the participants.

In expressing his gratitude for the partnership, Vice President of the Jamaica Guangdong Association, 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. The language barrier has always been a challenge and we thank the team for taking the time to address this challenge. This is a good partnership for the Jamaicans and the Chinese. The team has helped us to understand the requirements 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" Mr. Mao said.



**Public Health Inspector from the Clarendon Health Services, Debbian Grant (right) demonstrates how to dress properly in food establishments by covering one's hair and wearing proper clothing and foot wear. Participating in the demonstration are Chinese nationals Yu Jian Long (centre) and Qia Lian Huan, who functioned as an interpreter.**

## In the News: Southern Regional Health Authority

### Men Improving Health-Seeking Behaviour: Scores of Men Access Free Screening



**Men listen to a presentation about managing stress.**

Men are known to have poor health seeking behaviours both anecdotally and by various studies. It is also evident that social ills have shown males at the receiving end of trauma, poor health and educational opportunities.

For this, and other reasons, including the correspondence with mortality data which indicate that males are more likely to die from most major causes of death including coronary heart disease, cancer, motor vehicle accidents and self harm; the Southern Regional Health Authority (SRHA) initiated an annual men's only forum.

Coordinated by the Nurse Practitioners of the SRHA, the forum focused on

education, screening and general care of males in order to improve their health and well-being.

The third staging was held on the grounds of the Old Police Station in May Pen, Clarendon on Thursday, November 28, under the theme, "Impacting healthcare one Male at a Time", and saw more than 200 men receiving free health care.

The men accessed prostate testing and exam, dental care, blood pressure and blood sugar tests, HIV/STI tests, Body Mass Index (BMI) checks, foot care and nutritional education. They were also educated in areas of good mental health, prostate health, preventing chronic diseases, managing stress and sex education.

Parish Manager for the Clarendon Health Services, Joseph Grant said the men's only forum was developed with the objective to impact men directly, because they do not readily seek health care as women.

"Research shows that if men take better care of their health, their families will be better cared for and, by extension, the environment and the society will be taken care of. We want to bring it to the men's understanding that they must take responsibility for their health. Men are not good health care seekers and we want them to take better care for their health so we try different strategies to take health care directly to them. This is a regional effort and each year the event is hosted in the parishes of Manchester, St. Elizabeth and Clarendon by the SRHA Nurse Practitioners" Mr. Grant explained.

Mr. Grant encouraged the men to do their regular screenings, eat healthy and participate in daily physical activity.



**Nurse Practitioner Elloth Beckford Muschamp from the Manchester Health Department conducts a blood pressure test at the third staging of the men's only health fair.**



**The SRHA Nurse Practitioners who coordinated the event.**



## In the News: Southern Regional Health Authority

### Clarendon Youths Targeted for Better Reproductive and Sexual Health



Students from the Foga Road High School in Clarendon perform a dub poem at the World Aids Day youth empowerment symposium held to stem the prevalence of pregnancy and Sexually Transmitted Infection (STI) among the youth population.

The forum, a joint partnership with the Southern Regional Health Authority and the National Family Planning Board and UNICEF was held on the grounds of the Old Police Station in May Pen, Clarendon, on Friday, November 29. Clarendon was selected to host the event because national data shows that the parish has one of the highest rates of pregnancy and STI among the youth population.

The forum was paired with the commemoration of World Aids Day, which focused on the theme, "Communities Make the Difference", in recognition of the impact that the youth community has on the promotion of HIV prevention messages and the issue of HIV/AIDS related stigma and discrimination.

The initiative focused on sexual and reproductive health information through education and entertainment.





## Facilities on the Move

### Public Health Inspectors Improve Food Safety in Clarendon

The Public Health Inspectorate body in Clarendon has seen their compliance rate regarding food safety, move from 20 to 80 percent, among Chinese nationals. This is the result of an initiative by the team to train Chinese nationals and their Jamaican workers in food safety, in order to improve the standards in their establishments.

Please see below highlights of the training held from November 6 to 8 at the Spalding United Church Hall in Spalding, Clarendon.





# Gabrielle Jackson

**Public Health Inspector  
Clarendon Health Department**

**“Trendsetter in public health”**



God fearing, respectful, principled and loving are just a few of the adjectives that describes Public Health Inspector Gabrielle Jackson, who has been creating waves in her field.

A Zone Supervisor for the Spalding Health District in Clarendon, Ms. Jackson explained that she worked for 13 years in public health in St Thomas before being transferred in 2014 to St Elizabeth and then to Clarendon, where she allows God’s grace to help her to do what she loves, public health.

Describing her experience with the Southern Regional Health Authority as challenging but good, Gabrielle explains that as a Public Health Inspector and Supervisor, her duties range from overseeing the operations of the zone to supervising, instructing, and delegating tasks/assignments to officers.

A trendsetter in public health, Ms. Jackson loves developing innovative ideas, in order to get the job done.

More recently, she initiated, along with her team members a new approach of training of Chinese nationals and their Jamaican workers in an effort to improve the standards in their establishments and adhering to food-safety requirements. Before her initiative, it was a challenge for both the public inspectors and Chinese nationals who worked in food establishments because of the language barrier.

Guided by the profound words of Romans 8: 28, “All things work together for good to those who love God, to those who are called according to purpose,” Ms. Jackson tells the Southern Pulse that her biggest achievement to date is her maturity in understanding and the success of projects undertaken by herself and her team members.

An ardent believer in God, Ms. Jackson says one of the most important life lesson she has learnt is to “learn to submit to authority.” She is inspired to do her best by her spiritual leaders and mentors, the husband and wife duo of Pastor Hector Wynter and his wife Apostle Jennifer Wynter.

Ms. Jackson, who is described by her peers as industrious and critical thinker, has been received numerous awards such as Public Health Inspector of the year in St. Thomas, outstanding performance in food safety and outstanding performance in public health in Clarendon.

Gabrielle Jackson’s talents and expertise are not limited to public health, as she is an avid writer, motivational speaker and singer. On days when she is not busy with work, she can be found reading her Bible, writing and spending time with her children.

She advises her colleagues to learn to submit to those who are placed above them and learn, as allowing themselves to be instructed will bring humility. She adds that they should be supportive of their co-workers as cooperation is effective in getting tasks completed.



# Wellness Bytes

## "Dengue Fever"

Credit:  
Ministry of Health  
and Wellness



# Health & Wellness

Dengue fever is a mosquito-borne disease that is usually an illness in which a person may get a fever, headache, joint, and muscle pains.

Rest and adequate hydration are usually enough to see one through the period of illness. The recommended treatment for the fever is acetaminophen/paracetamol.

The Ministry urges members of the public not to use aspirin, diclofenac, ibuprofen, or any of the medications/pain relievers known as non-steroidal anti-inflammatory drugs (NSAIDs). These drugs, when used to treat the fever in dengue, have been known to increase the severity of the disease.

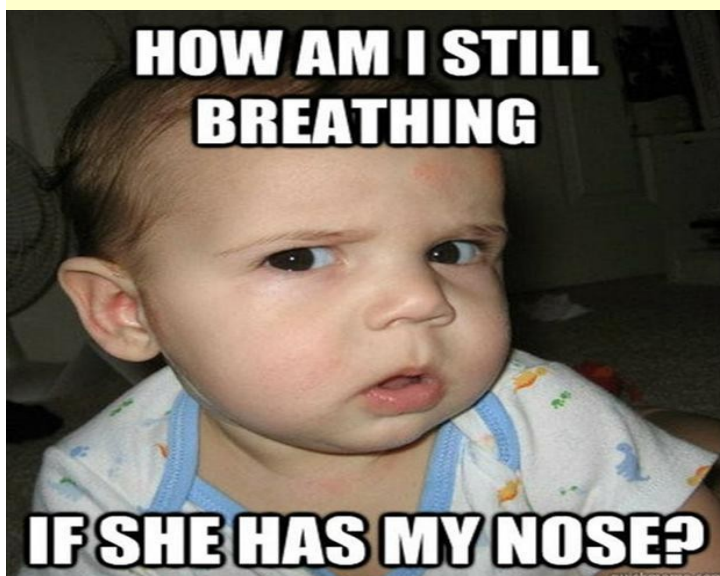
Some persons may develop a rare complication of dengue fever referred to as Dengue haemorrhagic fever (DHF), which may result in bleeding, including internal bleeding, which can lead to death. Immediate medical attention should be sought once a person with a fever begins to vomit, have severe abdominal pain,

bleeding under the skin (petechial rash), feel very weak, or get confused.

In keeping with trends in recent years, the Ministry expects that the number of cases of mosquito-borne diseases will increase from late August into November.

Members of the public are encouraged to play their part in ensuring that the number of cases are minimised by:

- monitoring water storage containers for mosquito breeding
- keeping surroundings free of debris
- destroying or treating potential mosquito breeding sites
- wearing protective clothing
- using a DEET-containing mosquito repellent and, as much as possible
- staying indoors at dusk with windows and doors closed.



## The Lighter Side



## Disaster Preparedness Tips

"Influenza A (H1N1)"

Credit:  
Office of Disaster Preparedness and Emergency Management



### What is Influenza A (H1N1) Pandemic?

Influenza A (H1N1) is a highly contagious respiratory infection caused by a virus that is easily spread from person-to-person.

- If you are sick stay home until you are well. If you have severe flu-like symptoms contact your doctor IMMEDIATELY.

### HOW DO PEOPLE GET INFLUENZA A (H1N1)?

A person can get Influenza A (H1N1) by:

- Breathing in the virus when an infected person coughs or sneezes.
- Contact with objects that have been recently touched by an infected person such as a door knob and telephone.

If you have travelled to or come into contact with someone from an affected country such as Mexico, Canada, UK or USA, and have flu-like symptoms, contact your doctor or nearest Health Centre immediately.

### WHAT ARE THE SYMPTOMS OF INFLUENZA A (H1N1)?

- Fever
- Headache
- Cough
- Sore throat
- Runny and stuffy nose
- Extreme tiredness
- Muscle aches
- Nausea, vomiting and diarrhoea (these symptoms may also occur but are more common in children)

### CAN INFLUENZA A (H1N1) BE PREVENTED?

To prevent the spread of H1N1:

- Wash hands regularly with soap and water.
- Use paper towel (tissue) to cover mouth and nose when sneezing or coughing.
- Dispose of used tissue in the garbage IMMEDIATELY.
- Avoid close contact with persons exhibiting flu-like symptoms, such as handshaking, hugging or kissing.

## SUBMIT AN ARTICLE

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

Latoya Laylor Brown, Public Relations Officer

Email: [latoya.laylor@srha.gov.jm](mailto:latoya.laylor@srha.gov.jm)

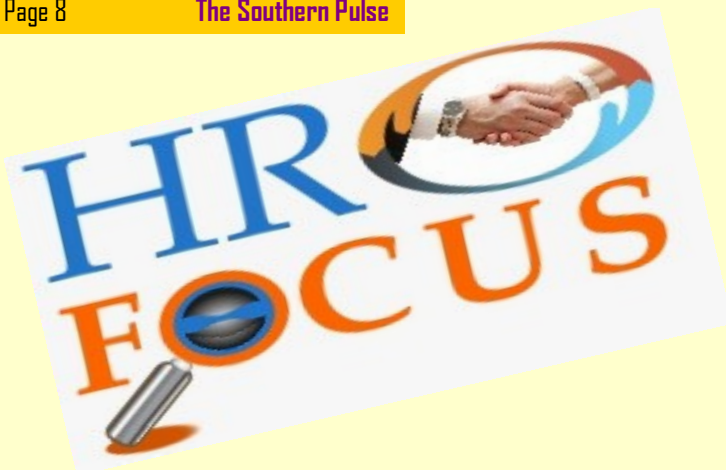
Deadline: December 30, 2019

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# HR And You:

## “APPOINTMENTS”

### 1.1 HOW THEY ARE MADE

All appointments into and within the Central Government Service are made in accordance with the provisions of the Public Service Regulations.

### 1.2 AUTHORITY TO MAKE APPOINTMENTS

- i) Appointments to the Central Government Service are generally made under the Authority of the Governor General acting on the recommendation of the appropriate Service Commission.
- ii) The Governor General may delegate any of the functions under his authority to Permanent Secretaries or to any other authorized public officer as may be specified;
- iii) Appointments to Municipal and Parish Council positions are made by the respective Councils acting on the recommendation of the Municipal and Parish Council Services Commissions.
- iv) Where there are exceptions to the above, the appointment will be made by the appropriate constituted authority.

### 1.3 ELIGIBILITY

- i) Any suitably qualified Jamaican/Caricom national is eligible for appointment in the Public Service.
- ii) If extensive recruitment activities do not yield a suitably qualified candidate of Jamaican/Caricom nationality, then others may be considered.

### 1.4 ENTRY INTO THE SERVICE

Persons entering the Public Service may be appointed on a temporary or permanent basis, at the discretion of the appointing authority.

#### 1.4.1 Temporary Appointment

In instances where the appointment is to a position which is on the Public Service Establishment, is clearly vacant and the candidate has met all the requirements of the position, the temporary appointment should not normally exceed six (6) months.

#### 1.4.2 Permanent Appointment

Upon permanent appointment persons will receive a letter of appointment from the appointing authority setting out the terms and conditions of the appointment, which may include the requirement for probation and medical certification.

### 1.5 PROBATION

- i) Persons who are appointed to the Service for the first time may be required to serve a probationary period of six (6) months;
- ii) Any period served in a temporary capacity may be considered, in whole or in part, in the determination of the probationary period;
- iii) It is the responsibility of the supervisor to assess the performance of an employee on probation and the employee must be formally advised of his/her status at least one (1) month prior to the expiration of the probationary period;
- iv) The probationary period may be extended, with the approval of the appointing authority, for a period not exceeding six (6) months, on the basis of the supervisor's assessment.