

OCTOBER 2020

Credit: The Jamaica Inf



## The Southern Pulse

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## Jamaica on Right Track in Tackling NCDs – Cuthbert Flynn



**Minister of State in the Ministry of Health and Wellness, the Hon. Juliet Cuthbert Flynn, greets Regional Director for the Southern Regional Health Authority (SRHA), Michael Bent, at the SRHA's Mandeville offices recently,**

– cardiovascular conditions, cancers, chronic respiratory diseases, diabetes, sickle cell, mental health disorders and chronic renal failure.

"We have been doing a good job but we need to pay more attention to it, especially now with the onset of Covid-19 and its effect on co-morbidities," Mrs. Cuthbert Flynn said while addressing a meeting at the Southern Regional Health Authority (SRHA) in Manchester recently. The meeting preceded a tour of health facilities to get an overview of the operations of the region.

Mrs. Cuthbert Flynn, who has responsibility for maternal health, and HIV prevention and drug abuse, said that the objective was to identify areas of need. "I think it is important that when patients go to a facility, they are comfortable even though they are sick. I want to look around today, see what the deficiencies are and work from there," she noted.

SRHA Chairman, Wayne Chen, said he would like to see all health facilities brought into the digital/technological age in the "very near future", so that doctors at a rural health centre can use videoconferencing to make contact with specialists at the University Hospital at the West Indies (UHWI), for example, to help diagnose a patient.

Mrs. Cuthbert Flynn agreed, noting that "in the time of COVID, tele-medicine should make us able to dial in, since there is a drop in the number of persons going to see their doctors out of fear".

Custos of Manchester, Garfield Green, who was also in attendance, updated the State Minister on the newly formed community response programme, which seeks to get citizens on board in support of the Government's fight against the pandemic. "We have put together a committee from my office, comprising the SRHA, the Child Protection and Family Services Agency (CPFSA), the Social Development Commission (SDC) and the Ministry of Education (Youth and Culture).

We met and have come up with strategies including visits to business places in Christiana and Mandeville to see what is being practised and give recommendations and suggestions for improvement," Custos Green said.

Minister of State in the Ministry of Health and Wellness, Hon. Juliet Cuthbert Flynn, says Jamaica is on the right track in tackling non-communicable diseases (NCDs), particularly as the country battles the coronavirus (COVID-19) pandemic.

Persons living with NCDs are at higher risk of the worst effects of COVID-19.

The Government, long before the pandemic, has been tackling NCDs through a national prevention campaign that is focused on promoting healthy eating and physical activity.

There is also a National Strategic and Action Plan for the Prevention and Control of NCDs, which covers seven main categories of diseases



## In the News: Southern Regional Health Authority

### Health Minister Tours Manchester in Light of COVID-19 Community Transmission Phase

Minister of Health & Wellness, Dr. Christopher Tufton and team members from the Southern Regional Health Authority toured the parish of Manchester, as part of the Ministry's assessment and response to the community transmission phase of the COVID-19 pandemic on September 30. The Minister and the team also met virtually with community leaders from the parish, toured the Mandeville market and taxi stand to distribute flyers, visited the Sutherland BPO to assess the company's workplace protocol and concluded the day with the Ministry's COVID-19 Conversations Press Conference.



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## In the News: Southern Regional Health Authority

### Health Minister Meets Virtually With Clarendon and St. Elizabeth Community Leaders



Minister of Health & Wellness, Dr. Christopher Tufton met virtually with some 150 community leaders from the parishes of Clarendon and St. Elizabeth on Wednesday, October 7 to discuss the way forward in fighting the COVID-19 pandemic, which is now at the community transmission phase.

The Minister and the community leaders, who volunteered to be COVID ambassadors, discussed issues and strategies to help mitigate the spread of the virus. The Health Minister reiterated the message about everyone taking personal responsibility for their safety during this phase of the pandemic.





## In the News: Southern Regional Health Authority

### Mandeville Regional Hospital Receives PPE's & Supplies From Manpower Services



Deputy CEO of Manpower & Maintenance Services Garth Hinchcliffe (centre), explains his company's decision to give back during the Coronavirus Pandemic to Southern Regional Health Authority Regional Director, Michael Bent (left) and Board Chairman Wayne Chen at the handing over of \$350,000.00 worth of PPEs to the Mandeville Regional Hospital on Wednesday, October 14.

Manpower & Maintenance Services Limited (MMS), on Wednesday October 14, donated some \$350,000.00 worth of Personal Protective Equipment (PPEs) and supplies to the Mandeville Regional Hospital in Manchester.

The items are: 1000 N-95 medical face masks, 1000 dust masks, 500 Nitrile gloves, one 55-gallon drum of hand sanitizer and one 55-gallon drum of alcohol.

In handing over the items, Deputy CEO of MMS – Garth Hinchcliffe, said the hospital is close to the heart of founder – Audrey Hinchcliffe, because that is where she received her early nursing training.

“Our CEO feels blessed and fortunate to give back to her community and country, knowing that it

will help us all during this pandemic. This is not a lot, but I am sure it will be helpful because your facility is among a host of others that we try to help,” Hinchcliffe said.

Chairman of the Southern Regional Health Authority (SRHA), Wayne Chen in expressing gratitude for the donation, described the MMBS founder as a daughter of Trelawny and Manchester who had not forgotten her roots, but had continued to give outstanding public service to both parishes.

“She has done a lot and as my mentor and friend I will continue to show gratitude for her outstanding service to us all,” Chen said.

Regional Director, Michael Bent also thanked MMS for the donation, pointing out that the company had responded quickly to the request for the items that would keep the frontline staff safe.

“These N95 masks are like hot bread these days and are heavily utilized, so we are more than grateful for them,” Bent said at the handover ceremony held on the lawns of the SRHA.

## Facilities on the Move

### Lionel Town Hospital Receives Equipment for Intercom System



On Thursday, October 8, the Lionel Town Hospital in Clarendon received equipment necessary for the installation of an intercom system at the Accident and Emergency Department to assist in the fight against COVID-19. The donation was made possible through an initiative of the Member of Parliament for South East Clarendon, Hon. Parnell Charles Jr., who received support from charity organizations.

Project ICE Jamaica, All 4 Jamaica Foundation and Nova Nordisk (LAC Regional Office) in a collaborative effort pooled their resources to make this meaningful donation to the facility. The installation of the system will be undertaken by the MIS team of the Southern Regional Health Authority.

The system will among other things: assist staff to engage patients in the waiting area; streamline patient flow in the Accident and Emergency Department by assisting in the reduction of overcrowding in the department, a key tool in the COVID-19 fight; prevent the already stretched nursing staff from making multiple trips to the waiting area and will serve to improve the patients experience while they wait to access care.

At the handover ceremony, Minister Charles, who is the Minister of Housing, Urban Renewal, Environment and Climate Change challenged the benefactors to adopt the Lionel Town Hospital and pledged his commitment to ensure services improve in order to remain responsive to the healthcare needs of the citizens in southern Clarendon and its environs.

Dr. Shaneica Lester, Director of All 4 Jamaica Foundation and Mrs. Antoinette Daniels-Martinez, Director-Project ICE Jamaica Foundation were also in attendance.



## Facilities on the Move

### May Pen Hospital Receives Support From National Wholesale



Owner of National Wholesale, Stephen Liao hands over a cheque valued at \$486,000 to purchase a risograph commercial copying machine for the May Pen Hospital in Clarendon on October 29, 2020. Receiving the cheque on behalf of the hospital is Medical Records Technician, Natesha Bent.

The May Pen Hospital is located in South Central Clarendon and was built on December 12, 1974.

## Facilities on the Move

### Mandeville Regional Hospital Gets \$2 Million Worth of Equipment



**Health ministries director at the Central Jamaica Conference, Deon Henry, hands over a vital-signs machine to chief executive officer at the Mandeville Regional Hospital, Alwyn Miller.**

The Mandeville Regional Hospital (MRH) will now be able to strengthen their service offering and particularly their fight against COVID-19. This following a donation of over \$2 million in equipment from the Central Jamaica Conference (CJC) of Seventh-day Adventist Church and international philanthropist, Dr Pete Williams, in partnership with the GSI Foundation of Jamaica.

Vital-signs monitors, Invacare oxygen concentrator, warmer fluid medulla, bassinets, humidifiers and temperature monitors were some of the items donated and described as a timely blessing by hospital staff.

Chief executive officer at MRH, Alwyn Miller, said the equipment will not only serve the wider hospital community, but also COVID patients.

He told The Gleaner that there are now only four COVID patients on the isolation ward with very few admitted persons requiring ventilation.

“Most times we would have at least one or two persons needing ventilation, thankfully not the majority. We have seen a decline in the numbers presenting with the virus, which we are happy for, but I want to encourage the public not to be complacent as COVID-19 is easily spread and we would prefer to have no individual suspected or confirmed with COVID.”

Health ministries director at CJC, Deon Henry, said the donation would not have been possible without Dr Pete Williams, chief of medicine at the Northeast Georgia Medical Centre in the United States (US), who purchased the equipment, and the GSI Foundation that facilitated the equipment shipping from the US to Jamaica.

Dr Williams was represented by professor at the Northern Caribbean University (NCU), Dr Daniel Fider, who stated that this was the first of three donations being made in the island, courtesy of Williams’ medical centre.

“I am also pleased to announce that discussions have begun with Dr Williams and the hospital to forge a partnership with NCU in the exchange of nursing students, healthcare professionals and staff physicians who can share their expertise while benefiting from the course richness that exist in house two facilities [post-COVID],” said Fider.

Senior medical officer at MRH, Dr Everton McIntosh, said the value of the equipment supersedes the cost and will greatly benefit the high-dependency unit which has a great need.

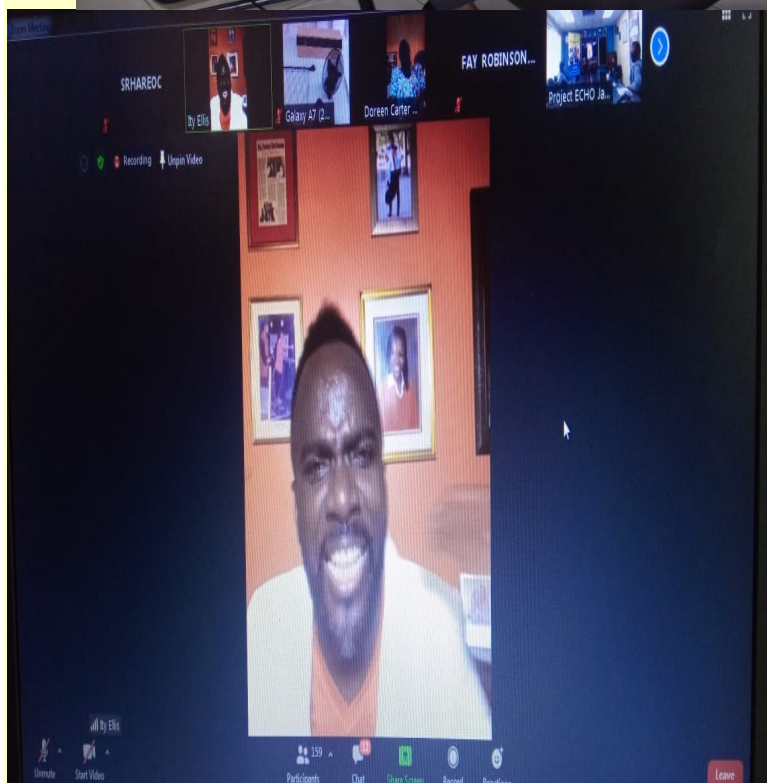
**Credit: The Jamaica Gleaner**



## Staff Highlight

### Staff Members Enjoy Virtual Motivational Seminar

Scores of staff members from the Southern Regional Health Authority enjoyed a virtual motivational seminar on October 22, aimed at motivating staff members during the COVID-19 pandemic and giving them a chance to relax and win prizes. Staff members received motivational nuggets from comedian Ian 'Ity' Ellis and enjoyed performances from 2019 Rising Stars Winner, Sherlon Russell.



 **Southern Regional Health Authority**  
compassion | connectivity | support | efficiency

Are you a SRHA employee? Then this is exclusively for you!



## "I'LL RISE UP"

JOIN US LIVE ON ZOOM ON  
THURSDAY, OCTOBER 22, 2020  
3:00 PM

FOR FUN, ENTERTAINMENT, INSPIRATION  
PRIZES AND SURPRISES

**Presenter: Ian 'Ity' Ellis**

Please see Personnel Officer for Zoom Meeting ID



## Staff Highlight

### St. Elizabeth Staff Members Recognized on National Heroes Day

On National Heroes Day, St. Elizabeth staff members received special awards for their effort in the fight against the COVID-19 pandemic.

Parish Manager for the St. Elizabeth Health Services, Sean Brissett, Medical Officer of Health for St. Elizabeth, Dr. Tonia Dawkins-Beharie and Acting Deputy Director of Nursing Services at the Black River Hospital, Erica Myers received the special award on October 19 at a Heroes Day Salute and Awards ceremony in the parish, staged under the theme, “Celebrating a Heritage of Resilience and Pride”.

Please see below photo highlights.



## Staff Highlight

### SRHA Public Health Inspectors and JAPHI Give Care Packages to Ebenezer Home



**Operations Manager at the Ebenezer Home & Rehabilitation Centre, Paulette Wheeler (2nd right) receives care packages from a group of Public Health Inspectors in celebration of Public Health Inspectors Week. From left: Michael Myles (Vice President- JAPHI Executive), Antoinette Hares- Manchester JAPHI representative, Syriann Fagon (Secretary- JAPHI Southern Chapter), Carleen Mitchel-Hennie (Regional Environmental Health Officer) and Charmaine Palmer**

Celebrating its 74<sup>th</sup> anniversary and in recognition of Public Health Inspectors Week, October 25, 2020–October 31, 2020; the Jamaica Association of Public Health Inspectors (JAPHI) in collaboration with Public Health Inspectors in the Southern Regional Health Authority (SRHA), on Thursday, October 29, 2020, presented care packages to the Ebenezer Home & Rehabilitation Centre in Manchester.

These care packages consisted of items for cleaning and disinfection, personal hygiene items, facial masks, sanitizers and other personal Protective Equipment (PPE) as well as a

cheque valuing \$10,000 for food items.

The Vice President of JAPHI, Mr. Michael Myles said that “Mental Health is an important aspect of Health Care and greater emphasis should be placed on maintaining good mental health amidst the global pandemic”.

The Ebenezer Home & Rehabilitation Centre was established as a ‘night shelter’ for persons who were rendered homeless in the aftermath of Hurricane Gilbert. It has since evolved to care for the young and aged. It is a charitable non-governmental organization. It also provides structured rehabilitation for residents with mental health, drug and alcohol related issues.

All residents have access to supportive mental health services, therapies, skills training, staff members and activities which are aimed at ensuring long-term stability and independence for the residents.

Ms. Wheeler expressed that the home has been experiencing challenges in acquiring much needed resources in responding to the Covid-19 pandemic. She expressed appreciation to the Public Health Team for the initiative.

**Credit: JAPHI**



## Staff Highlight

### Clarendon PHI Charmaine Ramsay Awarded National First Place COVID-19 Star



The life of Charmaine Ramsay can be viewed as one fuelled by the drive for constant growth and improvement both in her academic and professional life.

Ms. Ramsay, who is the acting treasurer at the Southern Chapter of the Jamaica Association for Public Health Inspectors (JAPHI), is one who has always been driven to succeed and her current achievements would not be possible without her innate desire and passion for health.

This Public Health Inspector's love for health and wellness can be traced to six months spent at the Dental Auxiliary School, which led her to being hired as a Dental Assistant at the Ministry of Health in Clarendon on September 9, 1992.

After leaving the Ministry of Health she had a long and productive period at the Vere Technical High School until 2007. It was at this point that Ms. Ramsay decided to take her educational pursuit to the next level. She moved to make the

biggest jump in her academic pursuit at that point, and enrolled at the University of Technology (UTECH), to pursue her studies in Environmental Health.

Within four years, the determined health practitioner graduated UTECH with a Bachelor of Science Degree in Environmental Health and wasted no time making an impact as she became secretary with the JAPHI.

In 2016, she made another leap and became treasurer at JAPHI, a position she currently retains.

Along with her professional pursuits, Ms. Ramsay has also shown keen interest in training the future generation. In 2016 she played an active part in the training of 90 vector control workers to help combat excessive mosquito breeding in the island.

She has also trained 3 interns while on the job.





## Jone Simpson

Registered Nurse  
Lionel Town Hospital

**“The Ambitious Jone Simpson”**



“Do not fear failure, but rather, fear not trying”. Those were the words of Registered Nurse at the Lionel Town Hospital, Jone Simpson, when asked about the philosophy that has so far taken her through life and her professional journey in the medical field.

The life of a nurse can be one filled with many victories and defeats, however, through solid convictions Nurse Simpson has continued to thrive and push through every obstacle that challenges her.

Nurse Simpson has been working with the Southern Regional Health Authority for the past three years and says her humble beginning has fueled her to become an ambitious, persevering and affable individual. “I am not coming from a family of wealth; I was raised by a single mother along with four other siblings. She was the only bread winner, and had to work hard to send us to school, so that experience taught us to not give up and showed us how hard it can be to become successful” she explains.

On a daily basis, Nurse Simpson can be found administering medication to patients, recording and updating patient medical information, consulting and coordinating with other members of the healthcare team to plan, implement, and evaluate patient care plans, educating patients on treatment plans and advocating for the well being of patients.

“Growing up like I did helps me to relate to certain patients at a higher level. Sometimes when persons come into the clinic in certain situations, example, a single mother, I am able to empathize and that drives me to put my best foot forward knowing that now I am in a position to have a positive impact” Nurse Simpson tells the Southern Pulse.

Nurse Simpson describes her experience in the medical field so far as being very humbling and recounts that graduating from Northern Caribbean University in 2016 has been the biggest achievement in her life. This along with her numerous exploits within the health industry, has taught her the important life lesson of taking nothing or anyone for granted as every situation, whether good or bad can be used as a stepping stone to achieve greater things.

In light of the delicate situation being faced by both Jamaica and the world in dealing with the COVID-19 pandemic, Nurse Simpson is urging her colleagues to never lose sight of the mandate to deliver quality service to patients.



# Wellness Bytes

## "Coronavirus"

Credit:  
Ministry of Health  
and Wellness



### What is a coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

### What is a novel coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans.

### Can humans become infected with a novel coronavirus of animal source?

Detailed investigations found that SARS-CoV was transmitted from civet cats to humans in China in 2002 and MERS-CoV from dromedary camels to humans in Saudi Arabia in 2012. Several known coronaviruses are circulating in animals that have not yet infected humans. As surveillance improves around the world, more coronaviruses are likely to be identified.

### What are the symptoms of someone infected with a coronavirus?

It depends on the virus, but common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

### Can coronaviruses be transmitted from person to person?

Yes, some coronaviruses can be transmitted from person to

person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

### Is there a vaccine for a novel coronavirus?

When a disease is new, there is no vaccine until one is developed. It can take a number of years for a new vaccine to be developed.

### Is there a treatment for a novel coronavirus?

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

### What can I do to protect myself?

Standard recommendations to reduce exposure to and transmission of a range of illnesses include maintaining basic hand and respiratory hygiene, and safe food practices and avoiding close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing.

### Are health workers at risk from a novel coronavirus?

Yes, they can be, as health care workers come into contact with patients more often than the general public WHO recommends that health care workers consistently apply appropriate infection prevention and control measures.

## Disaster Preparedness Tips

"Corona-Virus Preparedness Tips"

Credit:  
SRHA & Ministry of  
Health & Wellness



### MANCHESTER, CLARENDON AND ST. ELIZABETH

STAY HOME TO HELP STOP THE SPREAD OF COVID-19

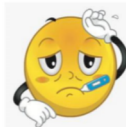
#### REDUCE YOUR RISK OF CORONAVIRUS INFECTION



#### Covid-19 Signs and Symptoms

Symptoms may appear 2 days or up to 14 days after exposure. Common symptoms include:

- Fever
- Cough
- Shortness of breath



### COVID-19 HELPLINE

TOLL FREE LINE:

- 1-888-ONE LOVE (1-888-663-5683) OR
- 888-754-7792
- 878-542-5998
- 878-542-8006
- 878-542-8007

Email: covid19@moh.gov.jm  
jacovid19@gmail.com

#### MANCHESTER

Call the Manchester Health Department  
Monday-Friday 8:30 a.m.-9:00 p.m.  
Saturday-Sunday 8:00 a.m.-8:00 p.m.  
Telephone: 876-951-0128  
Email: srhamhd.eoc.srha.gov.jm

#### ST. ELIZABETH

Call the St. Elizabeth Health Department  
Monday-Friday 9:00 a.m.-4:00 p.m.  
876(965-2266, 913-1571, 715-4172) or  
Whatsapp: 876-589-0811  
Email: stelizabeth.eoc20@gmail.com

#### CLARENDON

Call the Clarendon Health Department  
Sunday-Saturday 8:00 a.m.-12 midnight  
Telephone: 876-986-9043  
Email: clarendoneoc36@gmail.com

SRHA Regional Office (24 hours-Everyday) 876-962-2752  
Email: srharo.eoc@srha.gov.jm

# DISASTER PREPAREDNESS



Plan



Prepare



Recover



## HOW & WHEN TO WASH YOUR HANDS

/// COVID-19

HOW



After coughing or sneezing

After taking public transportation

When caring for the sick

Before, during and after you prepare and eat food

After toilet use

When hands are dirty

After handling animals or animal waste

WHEN

## Three types of mango eaters 😂



The disrespectful waster

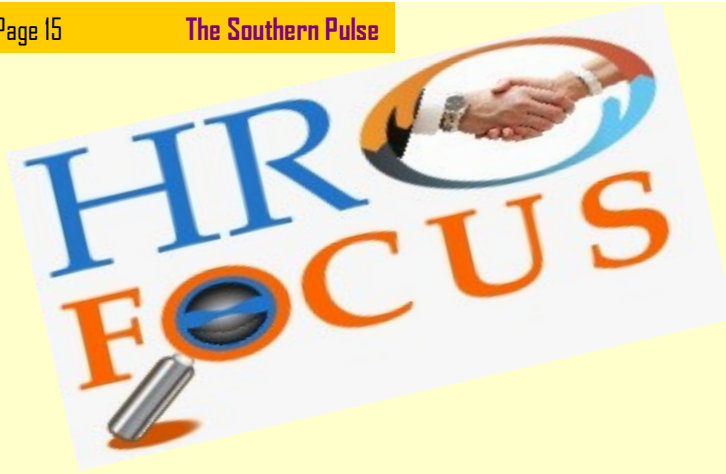
The amateur

The Professional

The Lighter Side







The Ministry of Health and Wellness is encouraging Jamaicans who may be experiencing anxiety or stress out of concern over the Coronavirus Disease 2019 (COVID-19) to contact its mental health line at 888 NEW LIFE (888-639-5433).

“Anxiety and stress are normal responses to a public health challenge of this magnitude. Among other things, COVID-19 has required that people self-quarantine or otherwise physically distance themselves from others. This can be stressful for anyone and in some people can lead to feelings of isolation,” said Director of Mental Health and Substance Abuse at the Ministry of Health and Wellness, Dr Kevin Goulbourne.

“We urge Jamaicans to talk about their fears and anxiety. It is amazing how therapeutic it can be to share your feelings and with someone who takes the time to listen. The mental health team at the Ministry is here to listen and to support our Jamaicans through this public health challenge. We therefore welcome those calls,” he added.

It is now more important than ever that Jamaicans take care of their emotional health and there are a number of ways that they can do that from home.

# HR And You:

## “COPING WITH COVID-19”

- **Stay in touch with friends and family.** Give them a call or reach out to them via social media.
- **Take a break from social media.** While social media is a good way to stay in touch with friends and family, the excessive use of social media has been known to fuel anxiety among some persons.
- **Keep a journal.** It is always a good idea to have an outlet for self-expression. A journal is a good way to do so.
- **Exercise.** Feel free to work up a sweat, increasing, in the process, the body’s ‘feel good’ chemicals known as endorphins.
- **Smile.** A smile, research has shown, can work wonders in helping to reduce blood pressure while improving your mood and reducing stress.

**Credit: Ministry of Health & Wellness**

## SUBMIT AN ARTICLE

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

**Latoya Laylor Brown, Public Relations Officer**

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