

SEPTEMBER 2020



The Southern Pulse



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Mandeville Regional Hospital to Implement Measures to Manage Numbers and Wait Time

The Mandeville Regional Hospital (MRH) in Manchester will implement new measures in an effort to better manage the number of patients and clients in the hospital, improve physical distancing and reduce the wait time.

CEO for the MRH, Alwyn Miller explained that on Monday, September 7, the Outpatient Department will only accommodate 120 patients into the waiting area beginning at 6:00 a.m. As the number of patients decrease, other persons will be allowed in the department.

"Provisions will be made for patients to wait external to the facility. Special accommodations will be made for the elderly, pregnant women, mothers with babies, and physically challenged persons. Patients requiring assistance should be accompanied by only one relative" Mr. Miller added.

In addition, the hospital will implement a new digital appointment system for select clinical services during September 2020, which will be phased over the next six months.

Mr. Miller pointed out that the system will allocate specific appointment times for patients, which will result in patients being allowed entry to the hospital closer to the time of their appointments.



MANDEVILLE REGIONAL HOSPITAL OUTPATIENT DEPARTMENT NEW MEASURES & NEW DIGITAL APPOINTMENT SYSTEM

NEW MEASURES FOR OUTPATIENT DEPARTMENT

- On Monday, September 7, only 120 persons will be allowed in the waiting area starting at 6:00 a.m.
- As the number of patients decrease, other persons will be allowed in the department.
- This is to improve physical distancing and reduce wait time.

PROVISIONS AND ACCOMMODATIONS

- Special accommodations will be made for the elderly, pregnant women, mothers with babies, and physically challenged persons.
- Patients requiring assistance should be accompanied by only one relative.

NEW DIGITAL APPOINTMENT SYSTEM

- The hospital will implement a new digital appointment system, beginning September 2020.
- The system will give specific appointment times for patients who will be allowed entry to the hospital closer to the time of their appointments.



Please adhere to the changes as the hospital continues to do its best to manage your health.



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@SRHAJamaica



Southern Regional Health Authority

In the News: Southern Regional Health Authority

More Face Shields for Public Health



Southern Regional Health Authority (SRHA) Director of Public Procurement, Stacey-Ann Edwards (left) accepts a donation of 200 face shields from Legal Officer, Kirk Radway on the grounds of the SRHA in Manchester on Wednesday, September 23.

The face shields were donated by Mr. Radway and businessman Jackie Huang. The men who are from the Manchester community noted that they are supporting the public health sector to assist the health team with effectively executing their duties during the pandemic.

Mrs. Edwards thanked the men for their donation which she noted is greatly appreciated and will support the protection of the front-line workers during this COVID-19 pandemic.

In the News: Southern Regional Health Authority

Wheelchairs for Mandeville Hospital and Manchester Infirmary



Southern Regional Health Authority (SRHA) Resource Mobilization Officer Barbara Ellington (left) hands over five wheelchairs on behalf of donors, the Lyns family from Caledonia Road in Manchester and Noreen Sargeant and daughters.

Three wheelchairs were given to the Mandeville Regional Hospital (MRH) and two to the Manchester Infirmary, both in Manchester. Collecting the donation on behalf of the MRH is CEO for the facility, Alwyn Miller (right) and for the Manchester Infirmary, Patient Care Assistant, Sharon Coley on Friday, September 18 on the grounds of the SRHA.

Mr. Miller expressed thanks for the wheelchairs which he noted are always needed by the hospital. He noted that they will support the hospital's effective delivery of healthcare.

Facilities on the Move

Black River Hospital Receives \$2.9 Million in Medical Equipment



Senior Medical Officer at the BRH, Dr. Sheriff Imoru and benefactors of the 2019 graduating class, Dr. Geneille Williams (centre) and Dr. Romario Whyte display some of the items donated to the hospital recently.

The Black River Hospital (BRH) in St. Elizabeth received a donation of medical equipment, valued at \$2.9 million, from the Faculty of Medical Sciences, University of the West Indies, Mona (UWI, Mona), Medical Class of 2019.

The donation which includes a defibrillator, 2 transport stretchers, a plaster saw, a diagnostic set, 3 forceps and a digital paediatric scale, was handed over to the facility on September 26, 2020.

Senior Medical Officer at the BRH, Dr. Sheriff Imoru noted that the Type C facility, which serves thousands of persons in St. Elizabeth, will benefit greatly from the much-needed medical equipment, which will boost the hospital's services.

"The machines may look small in our eyes but the utility is very important. We will ensure that we take great care of the equipment and show our appreciation. Thank you from the bottom of our heart" Dr. Imoru said.

The donation was from proceeds from the faculty's annual benefit play, "Smoker", a theatre production, entirely written, directed & produced by the Medical Class of 2019 and focused on not only supporting the Jamaican health sector but also instilling the importance of volunteerism in future medical professionals.

Facilities on the Move

Mandeville Hospital Frontline Workers Gifted With Lunches From Chinese Benevolent Association



Frontline workers from the Mandeville Regional Hospital (MRH) in Manchester were recently gifted with hot lunches from the Chinese Benevolent Association (CBA), representing the Chinese community in Jamaica. The Association noted that as a token of appreciation for frontline health professionals combating the COVID-19 virus, it has been donating hot lunches to hospitals with COVID-19 facilities across the island.

CEO for the MRH, Alwyn Miller (left) thanked the association for its kind gesture, noting that it will motivate staff members who are working tirelessly during this pandemic. Photographed also are: Member of the CBA, Mr. Dalton Yap and Senior Medical Officer at the MRH, Dr. Everton McIntosh.

Member of the Chinese Benevolent Association (CBA), Mr. Dalton Yap (left) is pictured here with staff members from the Mandeville Regional Hospital in Manchester (2nd left to right), Nurse Sharon Riley-Brown, Deputy Director of Nursing Services, Mrs. Arlene Watson Chantiloupe, Nurse Rhodell Knott and CEO Mr. Alwyn Miller, following a recent donation of hot meals to frontline workers at the facility.

The CBA has been gifting frontline healthcare workers who are working in COVID-19 facilities with meals, as a token of their appreciation for their bravery and dedication. Mr. Miller thanked the association for their donation and encouraged the healthcare workers to remain dedicated and steadfast as they manage this pandemic.



Staff Highlight

BARBARA ELLINGTON-Acclaimed Journalist Gets OD



On October 19, acclaimed journalist Barara Naedene Ellington walked proudly across the Kings House lawns to be conferred with the Order of Distinction Officer Class for her work in media. The ride to that achievement has been a enjoyable, challenging and interesting.

A proud graduate of Manchester High School Class of '73, Barbara also attended Smithville Infant, Robin's Hall Primary and EXED Community College where she pursued sixth form and the teacher training programmes simultaneously.

She spent 19 and 1/2 years in the teaching profession in Jamaica and The Bahamas, starting at Oberlin High School, followed by Holmwood Technical High, then Bahamas Baptist College in Nassau, St. Hugh's High School, The Priory High and University of Technology on a part-time basis, while a practising journalist.

In 1994, Barbara switched careers to her first love – journalism, embarking on an illustrious career, spanning more than 26 years with **The Gleaner**. There she held various positions including: *Writer, Senior Writer, Flair Coordinator, Public Affairs Editor, Lifestyle Editor, Sunday Features Editor, Acting News Desk Editor, Acting Business Desk Editor and Flair Magazine Editor*. She is currently a *Freelance Writer*.

She also co-hosted Jamaica's first all female television talk show "*Naked Truth*" on CVM TV and was the producer/presenter of The Gleaner's "*Corporate Coffee Mornings*", an online video programme where heads of business entities shared information about their activities.

Barbara who is a member of the Christiana Baptist Church, has covered assignments in: Cuba, St. Maarten, Puerto Rico, Barbados, U.S. Virgin Islands, St Lucia, Antigua, Thailand, Norway, Spain, England, Zimbabwe, Amsterdam, Canada, France and the United States.

She is currently the Resource Mobilization Officer for the Southern Regional Health Authority (SRHA), Mandeville, Manchester. A Justice of the Peace since 2010; she has joined forces with friends to give back to the less fortunate in two communities, and is currently assisting two high school and one university student to achieve their educational goals. She also maintains the bus stop in her community.

In addition to her teacher's diploma, Barbara has completed courses in English Communications (**Temple University, Pennsylvania**), Writing and Storytelling (**Associated Press Institute, Virginia**), Project Management (**Boston University, UWI**), Mediation (**Justice Training Institute**) and Events Plan

ning (**HEART/NTA**). She is the recipient of the Caymanas Track Limited's Female journalist award and scores more certificates and awards.

In her down time, Barbara does farming, gardening, reading, cooking, mentoring young people, travelling around Jamaica, listening to music and spending time with her dog Delilah.

She has won three Press Association of Jamaica awards in journalism and is currently working on her cookbook.

Some of her memorable projects at the Gleaner include the following:

1. Rating the Sermon
2. Movie Reviewer
3. Parish Profile series
4. Christmas Cake Competition
5. Co-ordinated Easter Bun Contest
6. Lent Feature - Fish: 40 Days, 40 Ways
7. Laws of Eve conceptualizer
- 8 Men's Flair Edition conceptualizer
9. Kelly's World conceptualizer
10. Mentor/Supervisor Gleaner Summer Interns
11. Flairtious fund-raiser coordinator
12. Corporate Hands conceptualizer
13. Something Extra conceptualizer
14. The Monday Interviews
15. Naked Truth
16. Creator/writer of Pandora's Box
17. The Gleaner's annual blood drive conceptualizer
18. Chief judge for the annual Florida Jerk Festival for four years
19. Creator/Host/Producer for Corporate Coffee Mornings
20. First Editor for IN FOCUS
21. Only journalist in the Caribbean to get the Winnie Mandela interview.
22. Only journalist to interview Jimmy Cliff after over 20 years.
23. Last journalist to interview Edward Seaga before he died.
24. Only journalist to interview Ian Boyne
25. Only Jamaican journalist to interview Maya Angelou
26. Last journalist to interview Hon. Miss Lou

Also among the hundreds interviewed: Mia Motley (then Barbados opposition leader), Sir David Simmons, US Judge Joe Brown, P.J. Patterson, Chinua Achebe, Susan Taylor, Shaggy, Shemar Moore, Baroness Scotland –Secretary General of the Commonwealth of Nations, Maurice Hennessy – grandson to the founder of the House of Hennessy; Rita Humphries- Lewin, Lady Allen, US actor-Danny Glover, Michael Lee-Chin, Ambassadors Audrey Marks, Brenda La Grange Johnson and Sue Cobb; Aubyn Hill, Gordon 'Butch' Stewart, the late Brian George, Danville Walker, Olivia 'Babsie' Grange, Brian Jardim, Audrey Hinchcliffe and John O. Minott among hundreds of Jamaican and international persons of influence.

Credit: SRHA Resource Mobilization Officer, Barbara Ellington

Staff Highlight**Published 'Letter to the Editor' -SRHA Staff Member**

Letters to the Editor

COVID-19 intrusion tool

Wednesday, September 30, 2020

Tweet

**Dear Editor,**

The most recent update of the Disaster Risk Management Act Enforcement Measure #138 was on September 23, 2020. Considering the scant regard that is being displayed by our citizens to the adherence of the rules of social distancing and mask-wearing, I strongly believe that the Act should be further amended to allow the security forces the power to more effectively carry out their duties.

A behavioural change communication strategy needs to be undertaken, as such a strategy triggers a change in people's beliefs, attitude and knowledge. There needs to be the further utilisation of the mass media with clear and concise messages.

It is my belief that the engagements of a playwright to do a short skit that highlights how the disease is contracted, the effects it has on humans, and the subsequent results, could also be a beneficial intervention tool.

A model was presented showing that approximately 1,500,000 citizens will get the disease and 10 per cent of those infected will die. We can fight this virus, if we work together.

Nichola Nichonia Lyle

Accountant, SRHA Regional Office, Nichola Lyle



Donnovan McNaught

**Hospital Attendant/Male Orderly
Chapelton Community Hospital**

“Your Work is a Representation of you”



Donnovan McNaught, whose journey began some 20 years ago, is a Hospital Attendant at the Chapelton Community Hospital in Clarendon and has been providing exceptional service to public healthcare.

It is often said that to work and function efficiently in healthcare, it is important that you have a passion for doing your job and Mr. McNaught points out that his passion for his job has allowed him to do his best at all times. He says it is simply about loving your job.

Described as loving, kind, sociable and jovial, Donovan shares that his duties as Hospital Attendant include: lifting and supporting patients who are immobile, delivering items around the hospital and working with the ambulance services and other responsibilities.

Mr. McNaught tells the Southern Pulse that he is guided by the profound Bible scripture from Philippians 4 verses 13, “I can do all things through Christ who strengthens me”. He adds that one of the most important life lessons he has learnt is to “always expect the unexpected and be grateful for what you have.”

As an industrious and dependable worker, it is no surprise that Mr. McNaught would have been recognized for being an exemplary employee. In 2002, he received the hospital’s Customer Service Award and in 2017 he was awarded Outstanding Worker of the Year.

In addition to his professional achievements, Donovan is skilled in welding and carpentry. He discloses that if you are to visit him on a weekend, you would find him attending to his farms.

He enjoys watching movies with famous actor, Sylvester Stallone and enjoys music from the late Jamaican reggae singer, Garnet Silk.

Mr. McNaught is encouraging his colleagues to always do their best as your work is a representation of you.

His desire for Jamaica is for Jamaicans to take responsibility for their actions, particularly during this COVID-19 pandemic.

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

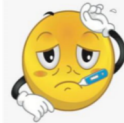
REDUCE YOUR RISK OF CORONAVIRUS INFECTION



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: 876-961-0128
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: stelizabethhoc20@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

H
O
W



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

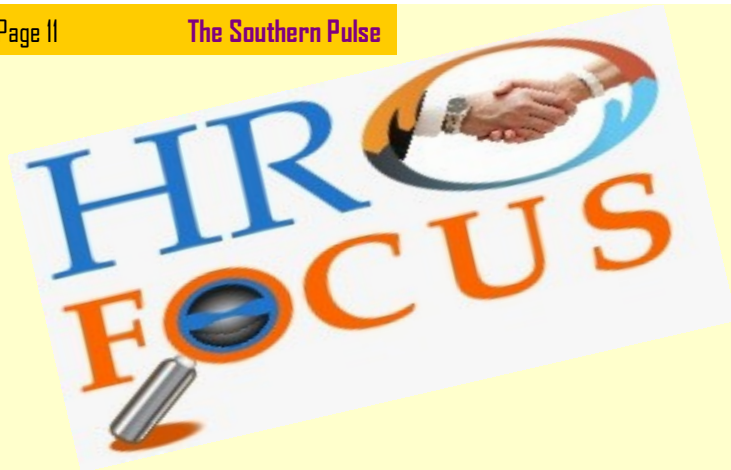
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ALRIGHT! WHO LEFT THEIR
CLOTHES ON THE FLOOR??



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 October edition to:

Latoya Laylor Brown, Public Relations Officer

Email: latoya.laylor@srha.gov.jm

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