

SEPTEMBER 2021



The Southern Pulse

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May Pen Hospital Gets Field Hospital for COVID-19 Patients



Minister of Health and Wellness, Dr. Christopher Tufton (2nd right) and the Chargé d'Affaires of the U.S. Embassy, John McIntyre (2nd left) cut the ribbon to officially open the 40-bed field hospital at the May Pen Hospital in Clarendon. Sharing in the moment are: Custos of Clarendon, Hon. William Shagoury (left) and Acting CEO of the May Pen Hospital, Eugena Clarke-James.

A 40-bed mobile field hospital, donated by the United States (US) Government through the US Embassy in Jamaica, valued at J \$132 million was officially opened at the May Pen Hospital in Clarendon.

The hospital was opened on Wednesday, September 15 and forms part of U.S. Southern Command USSOUTHCOM ongoing assistance to nations in the Caribbean, Central America and South America, and is funded by the Command's Humanitarian Assistance Program (HAP). The field hospital which is the second to be set up in Jamaica is also equipped with a generator.

Minister of Health & Wellness, Dr. Christopher Tufton in speaking on behalf of the government, said the donation of the field hospital shows the strength of the relationship between the countries and symbolizes the collaboration that is necessary to con-

front and overcome the global Pandemic.

"I really want to put on record our appreciation for this facility. We are looking at adding capacity in excess of 300 to 350 beds...we give the standards but we do tweak it a bit and this is all in demonstration tangibly of our response to the treatment component of the COVID-19 virus. The truth is no public health system could have adequately planned for this Pandemic...so we have to make provisions in these extreme cases" Minister Tufton said.

He added that a collaborative solution has to be found in these cases, noting that: "the timing of the Pandemic and its impact on us, required us to evolve in terms of a plan and a strategy to add capacity as we went along, whether its human, equipment or infrastructure capacity. These field hospitals will serve the purpose for which they are intended and we expect that they will continue to serve additional purposes later on. In a strange way, we have used COVID which is a threat as an opportunity for us to buildout our infrastructure. If there is one good thing that comes out of COVID, it's that after COVID, our health infrastructure is going to be more resilient and it is for us to structure it in a way to tackle the non-COVID issues."

Chargé d'Affaires of the U.S. Embassy, John McIntyre said the field hospital is an investment for the present and also for future, adding that it will enhance the Government's ability to respond to the COVID-19 Pandemic.

"SOUTHCOM's support to Jamaica's COVID-19 response and mitigation efforts began in late March 2020, as the first signs of COVID-19 infections were beginning to impact the Caribbean and has continued to provide support throughout nearly the 20 months that our two countries have been fighting this pandemic. To date, the U.S. government has donated over \$12 million U.S. dollars in COVID-related assistance to Jamaica including USAID's announcement that it will provide an additional \$5.2 million U.S. dollars to advance vaccination and strengthen health systems to diagnose, manage and mitigate COVID-19 transmission." Chargé d'Affaires McIntyre said.

In the News: Southern Regional Health Authority

Mandeville Hospital Receives Vital Sign Monitors From Manchester Wellness Foundation



CEO for the Mandeville Regional Hospital (MRH), Alwyn Miller (left) accepts the donation of two vital sign monitors from the Manchester Wellness (MANWELL) Foundation on Wednesday, September 29. Handing over the machines are: Secretary of the Foundation, Valerie Dixon (centre) and MANWELL Public Relations Officer, Diana McIntyre-Pike.

Mr. Miller thanked the Foundation for the machines valued at \$391, 000.00, which will monitor the vital signs of a patient including blood pressure, pulse and temperature. The needed machines allow doctors and nurses to monitor and deliver treatment in a more timely and focused manner.

MANWELL Foundation has been supporting the MRH, particularly the Ear, Nose and Throat department, through the staging of two major fundraising events, a run walk and a vintage party.

Facilities on the Move

Gifts for Lionel Town Hospital



Chief Executive Officer at the Lionel Town Hospital, Nadine Preddie thanks Corporate Services Manager, **Donna Marie Brooks** for the weed cutter and blood pressure machines.

Jamalco has procured and donated blood pressure machines and a bush cutter to the Lionel Town Hospital. Blood Pressure machines are one of the most used pieces of equipment at the health facility and was in short supply.

Chief Executive Officer at the Lionel Town Hospital, Nadine Preddie who reached out to Jamalco for the blood pressure machines indicated that the machines could not have come at a better time."

Corporate Services Manager, **Donna Marie Brooks**, while handing over the items noted that the pandemic has overwhelmed our hospitals and many of them do not have adequate equipment to respond quickly to the increased pressure. Jamalco is happy to assist our critical health facilities with the se critical instruments. I hope that these portable blood pressure machines and cuffs will improve and advance the quality of healthcare at the Lionel Town Hospital,"

In expressing gratitude, Ms. Preddie thanked Jamalco noting that the equipment will have a positive impact on her members of staff, patients and the community at large.

"We are also very grateful for the bush cutter. The hospital has been challenged to maintain the 18-acre property with a single

malfunctioning bush cutter. With this gift we will ensure that the grounds are kept in a manner that is more conducive to the delivery of healthcare. This is extremely important because the physical environment in which care is administered to patients plays a key role in health outcomes and care performance.



Blood pressure machines and cuffs donated to the Lionel Town Hospital recently.

Credit: JAMALCO

Highlight

Mandeville Resident Gives Back



Picture shows Mr. Antonio Anderson (second left), VP – Information Technology at the Northern Caribbean University, presenting a bottle of hand sanitizer to CEO of Mandeville Regional Hospital, on the grounds of the Southern Regional Health Authority (SRHA) on Friday, September 24. Also participating in the handover are Mrs. Stacy-Ann Edwards (left) – Procurement Director and Barbara Ellington – Resource Mobilization Officer from the SRHA.

Some \$52,195.00 worth of PPEs were donated to the Mandeville Regional Hospital (MRH), by Antonio Anderson, vice president for Information Technology – Northern Caribbean University and a resident of Manchester, on Friday September 24.

Mr. Anderson who saw the need for the items when his wife recently used the maternity ward of the facility, donated five cases hand towels, three cases toilet paper and 11 gallons offhand sanitizer gel.

“I have made contact with my friends and professional colleagues and associates and it is my intention to continue making a small donation every month,” Mr. Anderson told Mr. Alwyn Miller – CEO of the MRH.

In thanking Mr. Anderson for the gift, Mr. Miller said the hospital appreciates the fact that he came, he saw and he responded with items that would be used beyond the boundaries of the hospital as the region continued the vaccine exercise on sites in the communities.

Many citizens from home and abroad have been responding positively with donations of medical equipment and supplies following a viral video which depicted patients on mattresses on the floor at the hospital when the third wave of the Covid-19 Pandemic began.

Credit: SRHA Resource Mobilization Officer, Barbara Ellington

Staff Highlight

Mandeville Hospital A&E Staff Treated to Breakfast and Lunch

The SRHA has been providing psychosocial support to staff members at its facilities by providing breakfast and lunches to all categories of staff members. The employees are also educated on how to improve their mental health through coping mechanisms. All facilities within the region will be given similar treats and is spear-headed by SRHA Staff Welfare Coordinator, Simone Hibbert.

Please see below photo highlights from the staff members at the Accident and Emergency department at the Mandeville Regional Hospital.





Dr. Nadine Williams

**Medical Officer (Health)
Manchester Health Department**

“Dr. Nadine Williams-Making her Stamp on Public Health”



From beginning her journey as a medical intern at the Mandeville Regional Hospital (MRH) in Manchester in 2001 to now being the Medical Officer of Health in Manchester, Dr. Nadine Williams has honed her craft, built a strong foundation and is putting her stamp on public health.

This ‘likkle but tallawah’ Medical Officer of Health shares that as an intern she struggled to insert intravenous access-

es; however the nurses and doctors gave her a strong foundation in good patient care which resonates with her to this day. She explains that after the internship period she remained at the facility as a Resident on General Surgery, mentored by the likes of Dr. Peter Wellington and Dr. Norman Day.

“The senior residents that I had the opportunity to work with were Dr. Carlos Wilson, Dr. Sheriff Imoru and Dr. Raju Venu-gopal. I learnt a lot from them and I was inspired to pursue the DM programme in General Surgery. After a year in the programme at the Kingston Public Hospital; however, I took a major decision to return to the MRH as a resident in the Accident and Emergency department. I completed a Masters Degree in Public Health at the Northern Caribbean University (NCU) and was later given the opportunity to act in the Regional Medical Epidemiologist and HIV/STI coordinator position” Dr. Williams adds.

Pointing out that her experience with the Southern Regional Health Authority (SRHA) has been a rich one, Nadine says she has grown in confidence, knowledge and skill. She notes that despite her once dislike for change, her experiences taught her that change is a must, which one should learn to embrace and adjust to quickly.

As Medical Officer of Health, some of Dr. Williams responsibilities include the implementation, monitoring and evaluation of programmes to improve service delivery and to improve the health of the population, providing technical guidance on public health matters and surveillance of communicable diseases in order to prevent and manage outbreaks, in addition to supervision tasks.

A Clarendon native, Nadine was born and grown in Exeter, a sugar farm with her siblings, whom she maintains a close relationship with. She tells the Southern Pulse that her early childhood education began at the Race Course Seventh-day Adventist Basic School then the Race Course Primary School and later the Glenmuir High School. She then went on to earn a Bachelors Degree in Chemistry at the Morgan State University in Baltimore, Maryland.

A member of the Mandeville Seventh-day Adventist Church, Dr. Williams mothers twin sons Nathaniel and Nicholas, whilst working full time and now in year three of the four year programme where she is reading for her doctorate in public health at the University of the West Indies. This, she has been doing in her own words, “by the grace of God” and considers her greatest achievements to date. Her sons are a driving force in her life and she relates that she desires for them to see her excel so they can be inspired to excel on their own paths.

This first SRHA Regional NCD Coordinator has received several awards and recognition including: recognition of service to the National NCD response at the 5th National NCD Annual Review; recognition for giving the keynote address at the NCU Homecoming Opening Ceremony in 2018; SRHA Special COVID-19 Response Award for excellent leadership during the Pandemic- 2021 and recognized for notable COVID-19 Response Leadership, awarded by the Custos of Manchester in October 2021.

Her guiding philosophy is to treat everyone with respect as no one is more important than the other. “Everyone has a role to play in the organization and each role is important. Treat each customer as how you would want to be treated. There is always something new to learn and anybody in your circle can be a teacher, despite the number of degrees you hold, there is always something new to learn. Be open minded, stay humble” Dr. Williams encourages.

DEPARTMENT SPOTLIGHT

Manchester Health Department Operations and Maintenance Action Team



Left to right: Richard Nelson-Driver, Dwayne Copeland - Maintenance Officer, Dwayne Hall Driver, Althia Hyman- Parish Administrative Officer, Nigel Henry-Driver, Treshawna Henry-Assistant Parish Administrative Officer, Garfield Glave-Driver.

Mervin Martin-Maintenance Officer and Montie Robinson-Driver are missing from the photograph.

With a staff complement of nine, the Operations and Maintenance department at the Manchester Health Department is described as 'Action Team'.

Parish Administrative Officer, Althia Hyman points out that: "Alone we can do so little, together we can do so much". She adds that the department operates under the democratic leadership style and so all team members are given a fair chance to share his/her opinions before commencing a task.

Tasked with several responsibilities, the department's main functions include: administrative management, health facility maintenance, transportation, supply management and disaster management. "As a department we continue to grow in diversity, our programmes and services that we offer throughout the parish is to meet the needs of our internal and external customers. Despite the challenges, the Manchester Health Department Operations & Maintenance team remains committed to the task assigned" Ms. Hyman adds.

The department provides several services in 19 health districts ranging from security which is ensuring that proper security measures are in place to protect life, property and equipment to transportation services which ensures that adequate, reliable and a well maintained fleet is available, and ready for dispatched.

Other services include general maintenance, which is the routine inspection of facilities, appliances, equipment and fixture for repairs; administrative management which is ensuring all facilities are equipped with the necessary resources which includes trucking of portable water to facilities and disaster management which assures that all health centres are equipped with emergency response equipment and supplies.

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

DISASTER PREPAREDNESS



Plan



Prepare



Recover

COVID DELTA VARIANT

NEW SYMPTOMS TO LOOK OUT FOR



Diarrhoea



Blocked/Runny Nose



Aching Muscles



Long-lasting Headache



Vomiting



Sore Throat



Tired and Unwell

IF IN DOUBT TAKE A TEST

MANCHESTER
CITY COUNCIL

NHS

HOW & WHEN TO WASH YOUR HANDS

/// COVID-19



WET HANDS



APPLY SOAP



RUB HANDS
PALM TO PALM



LATHER THE BACKS
OF YOUR HANDS



SCRUB
BETWEEN YOUR FINGERS



RUB THE BACKS
OF FINGERS ON
THE OPPOSING PALMS



CLEAN THUMBS



WASH FINGERNAILS
AND FINGERTIPS



RINSE HANDS



DRY WITH
A SINGLE USE TOWEL



USE THE TOWEL
TO TURN OFF THE FAUCET



YOUR HANDS ARE CLEAN

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



NEXT TIME WHEN I PREACH ON TITHING,
DON'T SING 'JESUS PAID IT ALL' AS OUR
OFFERTORY HYMN.

The Lighter Side





HR And You:

"VACCINES"

What is a vaccine?

A vaccine is a type of medicine that stimulates a person's immune system to produce immunity to a specific disease, protecting the person from the disease.

How do vaccines work?

Vaccines work with your body's natural defense to build protection. When vaccinated, your immune system is able to:

Recognize the invading germ (e.g. virus or bacteria).

Produce antibodies that fight and destroy the germ before you become unwell.

How vaccines help

Vaccines contain weakened or inactive parts of a particular organism (antigen) that triggers an immune response within the body. Newer vaccines contain the blueprint for producing antigens rather than the antigen itself. Regardless of whether the vaccine is made up of the antigen itself or the blueprint so that the body will produce the antigen, this weakened version will not cause the disease in the person receiving the vaccine, but it will prompt their immune system to respond much as it would have on its first reaction to the actual pathogen.

Herd immunity

When someone is vaccinated, they are very likely to be protected against the targeted disease. But not everyone can be vaccinated. People with underlying health conditions that weaken their immune systems (such as cancer or HIV) or who have severe allergies to some vaccine components may not be able to get vaccinated with certain vaccines. These people can still be protected if they live in and amongst oth

ers who are vaccinated. When a lot of people in a community are vaccinated the pathogen has a hard time circulating because most of the people it encounters are immune. So the more that others are vaccinated, the less likely people who are unable to be protected by vaccines are at risk of even being exposed to the harmful pathogens. This is called herd immunity.

This is especially important for those people who not only can't be vaccinated but may be more susceptible to the diseases we vaccinate against. No single vaccine provides 100% protection, and herd immunity does not provide full protection to those who cannot safely be vaccinated. But with herd immunity, these people will have substantial protection, thanks to those around them being vaccinated.

Credit: World Health Organization

SUBMIT AN ARTICLE

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

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