

### Hospital Focuses on Getting Residents to Eat Healthier With Affordable Options



Participants in the day's symposium sample cornmeal with carrot porridge, along with other food choices that are affordable. The meals were prepared by the Clarendon Health Department nutrition team.

## Inside This Issue

In the News:	Facilities on the Move:	Let's Meet:	Department Spotlight:	Wellness Bytes:
Southern Regional Health Authority	Health Team Intervenes in Community	Kerisha Reid-Barrows Trustworthy & Ambitious	Chapelton Community Hospital Nursing Department	Types of Vaccines
Page 2	Page 4	Page 6	Page 7	Page 11

# In the News: Southern Regional Health Authority

## Hospital Focuses on Getting Residents to Eat Healthier With Affordable Options



**Head of Paediatrics at the LTH, Dr. Tamara McKenzie-Gayle (left) and LTH Senior Medical Officer, Dr. Andre McKenzie (right) in discussion at the nutrition symposium. The initiative was conceptualized by the clinicians because of the recognition that the community has certain nutritional needs regarding children and adults.**

The Lionel Town Hospital (LTH) in Clarendon has embarked on a drive to get its residents to eat healthier, empowering them with information and teaching practical methods of preparing affordable meals.

The hospital’s inaugural nutrition symposium was held on its compound on Thursday, April 21, which focused on teaching residents about proper nutrition from birth to adulthood, with focus on persons living with Non-Communicable diseases such as diabetes and hypertension.

Senior Medical Officer at the facility, Dr. Andre McKenzie explained that along with Head of Paediatrics at the LTH, Dr. Tamara McKenzie-Gayle, they conceptualized the initiative because the community has certain nutritional needs regarding children and adults.

“Because of this we decided this is what we want to focus on and we want to do it in a such a way that we are using foods that the community use every day and can afford. All we want to do is to educate them about which of the foods are the more healthier ones; so that is one of the reasons why we came up with this symposium. It is also a

need that is all over the country but we want to ensure that the catchment area of Lionel Town is focused on” Dr. McKenzie explained. Dr. McKenzie noted that even though persons are adherent with their medications, they are still having challenges because of their nutrition.

“Instead of educating one or two persons, we decided that we will take a community based approach to show them the importance of nutrition in getting their conditions under control and in some cases even reversing their chronic illnesses. We are educating persons on the healthier food choices and the proportion, so stick to your servings and don’t overeat” Dr. McKenzie said.

Dr. McKenzie-Gayle noted that her team noticed a spike in the number of malnourished children admitted at the hospital and also those who were below the normal growth pattern. She added that the symposium also focused on the importance of breastfeeding, particularly for the first six months of a child’s life. “When I had discussions with Dr. McKenzie, he had similar challenges with the adult population in terms of his diabetics and hypertensives so we wanted to see if we could improve it from a community level” Dr. McKenzie-Gayle.

Minister of State in the Ministry of Health & Wellness, Hon. Juliet Cuthbert-Flynn, who delivered the keynote address commended the team at the hospital for using the symposium as a means of educating Jamaicans to choose a healthier lifestyle.

“As we understand and know the COVID-10 Pandemic really did a number on not just the Jamaican population but due to the NCDs that persons had, it caused demise for a lot of Jamaicans. So we really want to bring to the fore the importance of eating healthy and also to get our nation moving again, now that the Pandemic has taken a little break.”

Minister Cuthbert-Flynn noted that Jamaicans should use the effects of COVID-19 on persons with lifestyle illnesses as a lesson to be healthier through proper nutrition and exercise.



## In the News: Southern Regional Health Authority

### Health Worker Releases Books to Encourage Better Workplace Relation-

Public Health Inspector from the Clarendon Health Department, Gabrielle H. Jackson has released the book set, “Redefining Supervision: Encouraging Better Workplace Relationships”, to help employers and employees learn and nurture healthy workplace relationships.

The book set, which was released in the Supervisor and the Supervisee editions, was created to foster respect from all levels in the workplace between managers and employees and among colleagues.

Ms. Jackson, who noted that she loves to see persons happy in the workplace, explained that: “these books encourage productivity and minimize stress, anxiety and discomfort. Each chapter ends with a worksheet that allows users to assess themselves and make plans moving forward. It is a practical resource for workshop seminars, but can also be used by individuals as a manual to improve different skill sets in achieving good workplace relationships.”

The author noted that many persons may be productive at work but are not truly happy and prosperous in their work environment.

“It is really sad how the workplace is in terms of people person relationships. We need to come to a place where we learn to solve our issues at work and it begins with us. We cannot be looking to Human Resources to solve our issues because they are overloaded. At the end of the day it comes down to you and I as an individual who must take control of our own personal lives and learn to deal with, endure, pursue and overcome our issues” Ms. Jackson said.

For Regional Director of the Southern Regional Health Authority, Michael Bent, the books will tremendously help workplaces in Jamaica and the Diaspora.

“I commend you Gabrielle for being a go-getter and I believe that your mission is to make a change in the public health sector in Jamaica, as well as making it a transformed one. One of the things I admire is when you (Gabrielle) said it should no longer be a situation where persons assume supervision based on years of service and personally, as a leader I believe that has to change and that must change” Mr. Bent said.

He continued to say that: “No longer should a supervisor issue an instruction to a supervisee and that’s it. We must empower employees and as supervisors that must be one of our goals. We have the responsibility to build productive relationships between the supervisor and the supervisee.”

The books were launched at the May Pen Hospital grounds in Clarendon on Friday, April 29 and are available on Amazon, in print and electronic formats.



Gabrielle H. Jackson with the books, “Redefining Supervision: Encouraging Better Workplace Relationships (Supervisor and Supervisee editions).

## Facilities on the Move

### Health Team Intervenes in Community to Encourage Positive Behaviour



**Participants from the Manchester Health Department, the Asia Police and the Victoria Town Primary School demonstrating the collaborative approach which will be used for the Targeted Community Intervention.**

The Victoria Town community in South Manchester will benefit from a one-year Targeted Community Intervention (TCI) programme aimed at impacting positive behaviour changes among community members.

The TCI programme will be spearheaded by the Manchester Health Department and will empower community members to make positive behaviour changes in relation to health, wellness and environmental health practices.

The programme was launched at the Victoria Town Primary School on Friday, April 29, using the theme “Step Up! Stand Out! Tek Charge, A Fi Wi Community”, and will use a collaborative approach with the school, the police, political directorate and other government agencies and stakeholders.

According to Medical Officer of Health for Manchester, Dr. Nadine Williams, the rural community was selected based on clinical data which revealed several challenges in the community including health and social issues.

“A part of our mission is to work with you the community members to make your lives healthier and to empower you to make positive changes” Dr. Williams said.

The Health Department will use initiatives and strategies to work with residents including: health screenings, group counselling and health committee meetings.

Community members will also be empowered with knowledge of the use of exercise and proper nutrition to create a healthier lifestyle. The programme will be re-assessed after one year.





# Kerisha Reid-Barrows

**Health Records Clerk  
Chapelton Community Hospital, Clarendon**

**“Kerisha-Trustworthy and Ambitious”**



Kerisha Reid-Barrows has been working at the Chapelton Community Hospital in Clarendon for seven years as a Health Records Clerk, an experience she has been enjoying.

She notes that working in the public health system has allowed her to realize her passion which is helping people, something she gets to exercise daily. She shares that her working experience also allows her to experience togetherness and to work towards achieving the standards set for employees by the organization.

Kerisha tells the *Southern Pulse* that some of her duties as a Health Records Clerk include: making duty rosters; registering client files and retrieving dockets and index; completing weekly sentinel reports and a breakdown for monthly reports for revenue, among other responsibilities.

A trustworthy and ambitious individual, this Health Records Clerk is inspired to do her best by God. “My inspiration is Christ, because he gives me the strength necessary to overcome any obstacles in my way” she says. Additionally, Kerisha says she is guided by the words documented in the 13th verse of Philippians Chapter Four, “I can do all things through Christ who strengthens me”.

Describing herself as jovial, kind and inspirational, Kerisha believes that there is always room for improvement in life. She adds that this is one of the most important lessons she has learnt, as a person is never one hundred percent good at anything.

Kerisha wanted to be an Accountant while growing up; however, life’s journey has taken her to the health information management field, where she has been performing notably. She aims to continue to excel in this field and climb the proverbial ladder of success. She desires to become a Records Administrator at the regional level some time in the future. While she may not have received any professional awards or recognitions during her tenure, she believes the best is yet to come.

She is advising her colleagues to treat others how they want to be treated, while remaining humble, and “take things one step at a time”.

She considers herself a great cook and also one who possesses great leadership skills.

Kerisha desires for Jamaica to be COVID-19 and crime free.

**CHAPELTON COMMUNITY  
HOSPITAL**

**NURSING TEAM**

**DEPARTMENT**

**SPOTLIGHT**



**The nursing team from the Chapelton Community Hospital includes: (left to right): Registered Nurse Midwife, Sasha Thomas; Public Health Nurse, Antonette Smith-Pinnock; Registered Nurse Midwife, Sylvia Reid-Patch; Registered Nurse, Berti Castellanos; Public Health Nurse, Olufunke Adetola and Registered Nurse Midwife, Prima Bryan.**

The Chapelton Community Hospital, located in Northern Clarendon serves some 63 communities, Chapelton and neighbouring communities, extending to Ballards River and Rock River.

Well-needed renovation works commenced at the facility in 2019 and since then services have been offered from the Summerfield Community Centre.

The Chapelton Hospital is home to more than 60 workers; however, we zoom in on the nursing team, critical to the functioning of the hospital.

At the Hospital, both primary/preventive care and secondary care services are offered. Other services to the public include: maternal and child health, inclusive of home visits; antenatal care; child health clinics; post natal clinics; family planning clinics and pap smears.

As a critical part of these service offerings, members of the nursing team relate that emergency deliveries are also performed at the facility. They add that on specific days, there is a visiting mental health team, nutritionist, contact investigator, and phlebotomist who do antenatal screenings.

The team takes pride in the fact that they go the extra mile to help their clients, relating that “they are like our extended family members and they relate with us as such”.

Specific to the functions of the nursing team are several roles and responsibilities including: conducting curative clinics; assisting doctors as required in carrying out procedures and administering treatments; making urgent and necessary referrals and transfer of clients for further care; performing simple laboratory testing; conducting simple and complex dressings; compiling and submitting monthly reports; ensuring that necessary supplies are procured and are available for use to maintain efficient running of the facility; keeping and maintaining relevant records; and supervising male and female orderlies, among several other responsibilities.

Since the relocation of the services to the Summerfield Community Centre, the nursing staff has faced many challenges; however, with their dedication and commitment they have continued to work tirelessly and have gone beyond the call of duty to provide effective and efficient nursing care to the clients they serve.



# DISASTER PREPAREDNESS



Plan



Prepare



Recover



ST. ELIZABETH HEALTH SERVICES  
COVID-19 FIXED VACCINATION SITES

MONDAY

- Santa Cruz Health Centre (10:00 a.m. - 3:00 p.m.) Mondays (4th)

TUESDAY

- Santa Cruz Health Centre (10:00 a.m. - 3:00 p.m.) Tuesdays (1st, 3rd)
- Junction Health Centre (10:00 a.m. - 3:00 p.m.) Tuesdays (1st)

THURSDAY

- Junction Health Centre (1:00 p.m. - 3:00 p.m.) Thursdays (3rd)
- Maggotty Health Centre (10:00 a.m. - 3:00 p.m.) Thursdays (1st, 2nd, 4th)
- Black River Health Centre (10:00 a.m. - 3:00 p.m.) Thursdays (2nd)
- Balacava Health Centre (10:00 a.m. - 3:00 p.m.) Thursdays (1st, 2nd, 4th)

FRIDAY

- Santa Cruz Health Centre (10:00 a.m. - 3:00 p.m.) Fridays (2nd)
- Junction Health Centre (10:00 a.m. - 2:00 p.m.) Fridays (2nd, 4th)
- Black River Health Centre (1:00 p.m. - 3:00 p.m.) Fridays (1st, 3rd, 4th)
- Balacava Health Centre (10:00 a.m. - 3:00 p.m.) Fridays (4th)
- Southfield Health Centre (10:00 a.m. - 3:00 p.m.) Fridays (1st, 2nd, 3rd)

Disaster  
Preparedness Tips

SRHA Fixed Sites



CLARENDON HEALTH SERVICES  
COVID-19 FIXED VACCINATION SITES

MONDAY

- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.), Mondays (2nd, 4th)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Mondays (1st, 2nd, 3rd, 4th)

TUESDAY

- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.)
- Lionel Town Health Centre (10:00 a.m. - 3:00 p.m.)

WEDNESDAY

- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Wednesdays (2nd & 3rd)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.), Wednesdays (2nd & 4th)

THURSDAY

- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.)
- May Pen Health Centre (1:00 p.m. - 3:00 p.m.), Thursdays (1st, 2nd & 4th)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Thursdays (1st, 2nd & 4th)

FRIDAY

- May Pen Hospital Vaccination Centre (10:00 a.m. - 3:00 p.m.) Fridays (1st, 2nd, 4th)
- Spalding Health Centre (10:00 a.m. - 3:00 p.m.), Fridays (2nd & 4th)
- Summerfield Community Centre (10:00 a.m. - 3:00 p.m.) Fridays (2nd)



MANCHESTER HEALTH SERVICES  
COVID-19 FIXED VACCINATION SITES

MONDAY

- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Mandeville Comprehensive Health Centre (1:00 p.m. - 3:00 p.m.) Mondays (1st, 2nd & 3rd Mondays)
- Porus Health Centre (1:00 p.m. - 3:00 p.m.)

TUESDAY

- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Christiana Health Centre (1:00 p.m. - 3:00 p.m.)

WEDNESDAY

- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Mandeville Comprehensive Health Centre (1:00 p.m. - 3:00 p.m.)
- Newport Health Centre (2:00 p.m. - 3:00 p.m.)
- Cross Keys Health Centre (1:00 p.m. - 3:00 p.m.)
- Mile Gully Health Centre (1:00 p.m. - 3:00 p.m.)

THURSDAY

- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)
- Mandeville Comprehensive Health Centre (1:00 p.m. - 3:00 p.m.) Thursdays (1st, 2nd & 4th Thursdays)

FRIDAY

- Mandeville Regional Hospital Vaccination Center (9:00 a.m. - 3:00 p.m.)

# Wellness Bytes

"Types of Vaccine"

Credit:  
Ministry of Health & Wellness



- Age Range: 18+
- Efficacy: 90%
- Technology: Viral Vector
- Doses: 2
- Frequency: 8-12 Weeks
- Proven safe and effective



- Age Range: 18+
- Efficacy: 92%
- Technology: mRNA
- Doses: 2
- Frequency: 4 Weeks
- Proven safe and effective



- Age Range: 12+
- Efficacy: 95%
- Technology: mRNA
- Doses: 2
- Frequency: 3 Weeks
- Proven safe and effective



- Age Range: 18+
- Efficacy: 85%
- Technology: Viral Vector
- Doses: 1
- Frequency: N/A
- Proven safe and effective

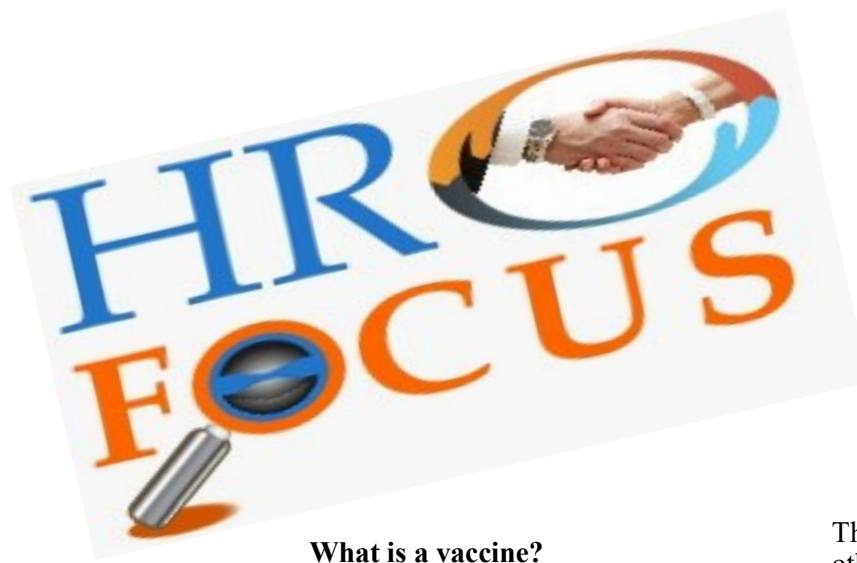


- Age Range: 18+
- Efficacy: 79%
- Technology: Inactivated Virus
- Doses: 2
- Frequency: 4 Weeks
- Proven safe and effective



- Age Range: 18+
- Efficacy: 51%
- Technology: Inactivated Virus
- Doses: 2
- Frequency: 4 Weeks
- Proven safe and effective





### 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.

# HR And You:

## "VACCINES"

”

These people can still be protected if they live in and amongst others 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.

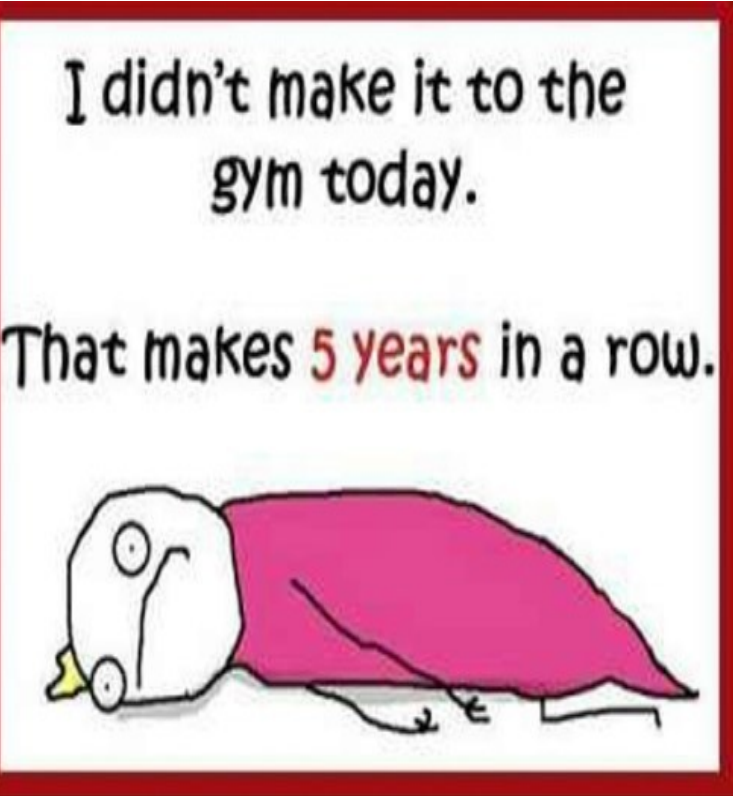
**Credit: World Health Organization**

# SUBMIT AN ARTICLE

We welcome your input.  
Please submit your articles and feedback for the May edition to:  
  
Latoya Laylor Brown  
Public Relations Officer  
Email: [latoya.laylor@srha.gov.jm](mailto:latoya.laylor@srha.gov.jm)

Like and follow us:

- Facebook: [www.facebook.com/southernregionalhealthauthority](https://www.facebook.com/southernregionalhealthauthority)  
Instagram: <https://instagram.com/southernregionalhealthJA>  
Twitter: <https://twitter.com/SRHAJamaica>  
Youtube: [Southern Regional Health Authority](https://www.youtube.com/SouthernRegionalHealthAuthority)



The Lighter Side

