



Residents Urged to Act Early and Get Screened to Know Their Kidney Function



Senior House Officer at the Mandeville Regional Hospital (MRH), Dr. Martin McIntosh (right) takes a blood sample from MRH Patient Care Assistant, Nadine Arthurs-Hill to test her kidney function.

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In the News: Southern Regional Health Authority

Residents Urged to Act Early and Get Screened to Know Their Kidney Function



Nurse Manager at the Mandeville Regional Hospital, Marika Davis Miller (right standing) speaks to a group of persons at the Kidney Health Fair, where she encouraged persons to get screened.

Renal failure is a big challenge for Jamaica's public health system and the Mandeville Regional Hospital (MRH) in Manchester is appealing to Jamaicans to get screened early to know the function of their kidney.

Renal function refers to the state of the kidneys, and how well they filter blood. Two healthy kidneys provide 100 percent of your renal function.

World Kidney Day is celebrated in March and for this year's celebration on March 10, the theme, "Healthy Kidney For All, Bridge the Knowledge Gap for Better Kidney Care" was used.

The MRH hosted a health fair on Wednesday, March 9 and used the opportunity to educate persons on the prevention and management of kidney disease. Scores of persons also received free screening tests for kidney function, urine analysis, blood sugar and blood pressure tests.

Nurse Manager at the MRH Renal Unit, Marika Davis Miller said the hospital intends to make this an annual event adding that: "Based on the theme for this year, it's about knowledge and educating persons on prevention. We would like for persons to prevent renal failure so we are telling everybody what they can do to avoid it today."

Nurse Davis Miller encouraged persons to get their screening

done yearly, visit their healthcare providers, exercise and eat healthy.

She explained that uncontrolled diabetes and uncontrolled blood pressure are the leading cause of renal failure worldwide.

"We have a renal clinic here (MRH) and about 90 percent of the persons they have either uncontrolled blood pressure or uncontrolled diabetes which lead them to end-stage renal disease. For end-stage renal disease, it has five stages and when persons reach stage five, they need dialysis. We are seeing a number of persons who need dialysis and it is a burden for the system because in order for someone to get on the machine, someone has to die, as we only have 12 stations" Nurse Davis Miller explained.

Nurse Davis Miller noted that kidney disease can have many different signs and symptoms that are non-specific.

"This means that these same symptoms could also be signs of dysfunction in another body organ. Some non-specific symptoms of renal disease include: fatigue; difficulty concentrating; trouble sleeping; dry, itchy skin; frequent urge to urinate; blood in the urine; urine is foamy; puffiness around the eyes; loss of appetite; swelling in the ankles and feet and muscle cramps" she said.

Facilities on the Move

Enhancing Physiotherapy in the Southern Region

Head of Physiotherapy Services at the Southern Regional Health Authority, Mr. Denzil Williams (right) and Mrs. Danya Brown Leslie from the Victoria Mutual Group are pictured here following the establishment of a partnership to enhance physiotherapy services in the southern region.

Mr. Williams explained that physiotherapy is a scientific and clinical based specialisation in health and the team members have been engaged in bi-monthly continuing education initiatives, which have been developing their practice and delivery of services.



My memory is so terrible that I had to change my password to "Incorrect." Now I get a reminder "Your Password Is Incorrect" every time I enter it wrong!



The Lighter Side



Staff Highlight

Staff Members Enjoy Retro Reggae Party



The Southern Regional Health Authority (SRHA) hosted a virtual Retro Reggae Party under the theme, “Come Ketch Di Riddim Wid SRHA”. The event was pre-recorded on Friday, February 25 on the SRHA Regional Office grounds and broadcasted on the SRHA Youtube channel on Saturday, February 26.

Staff members wore the Jamaican and Reggae colours and enjoyed an evening of music and dancing.

Staff Highlight

Board & Senior Managers Retreat Charts Way Forward

The Southern Regional Health Authority (SRHA) hosted a one-day Board and Senior Managers Retreat on Friday, March 4 at the Mandeville Hotel in Manchester.

The team-building exercise was used to examine and explore the achievements and challenges of the facilities and also the way forward for the new financial year.

Please see below photo highlights.



Staff Highlight

Family Life Seminar Staged as Part of HR Connect Series

The Southern Regional Health Authority, as part of its HR Connect Series, hosted a motivational seminar themed, “Let’s Talk About Family”.

The guest presenter, Bishop Rev. Dr. Carla Dunbar, presented on several topics including marriage, sex, relationships, children and family life.

Staff members welcomed the session and also enjoyed several prizes. Please see below highlights.





Richard Daley

Artisan
Black River Hospital, St. Elizabeth

“Invaluable Knowledge & Expertise Through Challenges”



Richard Daley has a natural aptitude for problem solving and using his hands skillfully, and as an Artisan these skills come into play on a daily basis.

Though he wanted to be a driver while growing up, life’s journey took him on this path where he has been functioning exceptionally.

Mr. Daley has been working at the Black River Hospital for one year and five months and has found the experience interesting and rewarding.

He explains that he is faced with new challenges daily, but is not daunted, as he finds ways and means to overcome them. “In doing so, I have gained invaluable knowledge and expertise” he adds.

As Maintenance Supervisor, Mr. Daley is responsible for: supervising the Maintenance Personnel and Groundsmen ; making checks to ensure that the generator is in perfect order; maintaining the facilities infrastructure; including plumbing, electricity and carpentry; among several other responsibilities.

A well rounded individual who is adaptable, Mr. Daley tells the Southern Pulse that he is always seeking to learn new things to add to his knowledge.

Richard is inspired to do his best by seeing others pleased with a task he has completed and is also guided by the philosophy, “Whatever you do, do it to the best of your ability.”

Describing himself as an honest, loving, pleasant, caring and responsible person, Mr. Daley explains that the most important lesson he has learnt is that “nothing in life that is worthwhile comes easy”.

Mr. Daley is encouraging his colleagues to work to the best of their abilities. “Don’t take any shortcuts. Doing your best work may take a longer time; but in the end, your work will speak for you’ he adds.

His desire for Jamaica is for everyone to be united. “Love and care for each other, stop hurting each other and as a result, our country will be safer and prosperous” the Maintenance Supervisor says.

He shares that the most likely thing that he would be found doing on a weekend is fixing something around the house or attending to his bees.

His favourite actor is Dolf Lundgren and favourite singer, Alton Ellis.

**BLACK RIVER HOSPITAL
DIETETICS DEPARTMENT**

**DEPARTMENT
SPOTLIGHT**



Members of the Dietetics Department at the Black River Hospital.

The Department of Dietetics is responsible for the hospital dietetic services, which to some persons is merely the provision meals for patients admitted in the hospital; however, the hospital diets are therapeutic and aim to improve patient health and restore patients to normal activity and an optimum state of wellbeing.

This goal has been more evident given the sharp focus on the critical importance of the nutrition link in the medical management chain of patients living with Non-Communicable Diseases attributable to the epidemiological transition over the past fifty years.

The key roles of the dietetics department include the provision of nutritious, palatable, attractive and safe meals to patients based on their respective medical condition; integration of the medical aspects of food and nutrition in disease prevention and control; development and implementation of health promotion activities to improve the quality of life for members of staff, clients and the wider community.

Staffed by 22 hardworking and dedicated officers, the department includes: two Assistant Dietitians; three Head Cooks; three Cooks Helper; 12 Pantry Workers and two Male Attendants.

Several team building and motivational initiatives have been implemented by the supervisory team to include: encouraging team communication and collaboration to ensure that no team member feels left out; facilitating opportunities for informal learning and knowledge sharing; in house training; birthday club; gift exchange and Christmas party in December as well as excursions to Mystic Mountain and Good Hope Estate.

Monthly staff meetings are held to allow staff members to express concerns on issues affecting or influencing their performance on the job and also as a training needs assessment tool. The department of dietetics is focused on delivery of timely, responsive and comprehensive evidenced based nutrition care services to all patients', clients and stakeholders, based on their respective health profile.

They are guided by the profound quote: "Let food be thy medicine, and thy medicine shall be thy food," by Hippocrates.



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)
- Maggoty 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)
- Balaclava 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)
- Balaclava 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



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

In Memoriam



DEATH AND GRIEF IN THE WORKPLACE

Selfless Service: Remembering Those Who Passed While Serving

Marcia Young



Ms. Marcia Young passed away on Tuesday, February 1, 2022 and was laid to rest on Friday March 18, 2022.

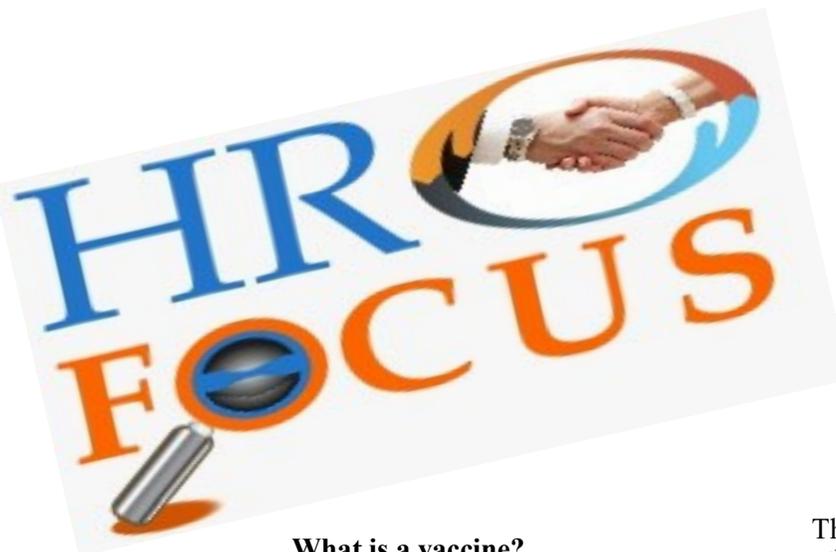
Ms. Young was a giver and gave of herself to her work and her family. She was always willing and ready when called on to perform any task.

Marcia joined the Clarendon Health Department team in 2016 as a Clinic Attendant (Reliever) and mainly provided coverage at

the Chapelton Community Hospital, the Clarendon Health Department Office, the Thompson Town, Mocho, Main Street and May Pen Health Centres.

She was a hardworking, respectful, honest and had a good rapport with everyone she came in contact with. She is gone but will always be remembered for her selflessness, humility and the care she displayed.

Public Health Nurse Olufunke Adetola remembers Ms Young as a woman of peace and humility. “She was humble, hardworking and very easy going. She worked well with her colleagues and was always willing to help. We will really miss her. When it is time to stop work on this planet earth, no one can stop God. May her soul rest in perfect peace” Nurse Adetola said.



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 April edition to:

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