



**Volume 11**

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### **Mandeville Regional Hospital Receives Urology Equipment To Boost Patient Care**



Consultant Surgeon at Mandeville Regional Hospital in Manchester, Dr. Andrew Josephs (right), demonstrates the capabilities of a newly donated Storz Urology Laparoscopy system, presented by the Church of Jesus Christ of Latter-day Saints, during the formal handover on Friday (September 5). Others (from left) are: Food For the Poor Board Director, Jean Lowrie-Chin; and the Church's representative, Elder Paul Sutherland, and Humanitarian Missionary, Sister Karen Sutherland.

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## In the News: Southern Regional Health Authority

### Mandeville Regional Hospital Receives Urology Equipment To Boost Patient Care



**Food for the Poor Board Director, Jean Lowrie Chin (at podium) during Friday, (September 5) handover ceremony at Mandeville Regional Hospital in Manchester for the donation of Olympus GI Endoscopy and Storz Urology Laparoscopy equipment by the Church of Jesus Christ of Latter-day Saints.**

The Mandeville Regional Hospital in Manchester has received a donation of medical equipment, valued over \$66 million, from the Church of Jesus Christ of Latter-day Saints that will improve the institution's urology services.

The Olympus GI Endoscopy and Storz Urology Laparoscopy systems, assigned to the Urology Department, will enhance clinical practice at the hospital by enabling less invasive procedures, more precise diagnostics, and advanced urological surgeries. These improvements are expected to result in shorter hospital admission times.

Urological Consultant at Mandeville Regional Hospital, Dr. Davon Mitchell, underscored the equipment's significance, noting that "we are also better able to train our residents, which is an integral part of any teaching institution."

He expressed gratitude for the donation during Friday's (September 5) handover ceremony at the institution, pointing out that the provision will "[help] us to build a much-improved urological service to serve the people of central Jamaica."

Senior Medical Officer at the hospital, Dr. Everton McIntosh,

described the donation as a "tremendous boost to our services," particularly in the areas of urology and general surgery. He noted that the equipment will significantly enhance diagnostic investigations and support the expansion of endoscopic surgical procedures.

"But the real impact is extremely tremendous because healthcare, on a whole, is moving towards more and more technology, as you would imagine, and endoscopic surgery is one of the main drivers of healthcare worldwide," Dr. McIntosh stated.

Representative of the Church of Jesus Christ of Latter-day Saints, Elder Paul Sutherland, shared that he has been living in Jamaica for over two years and is assigned to identify opportunities where the Church can support community development.

"[We look for] needs in the areas of healthcare, education, clean water initiatives, and food security. We have, in the area of healthcare, five other projects similar to this one [at Mandeville Regional Hospital] at different hospitals across the country," he informed.

The equipment was procured in partnership with Food For the Poor, whose Board Director, Jean Lowrie-Chin, commended the church leaders for their generosity. She described the equipment as "life-saving items," which will make an "awesome difference" in the timely diagnosis and treatment of gastrointestinal and urological conditions.

"Such procedures will save the precious lives of the patients here; as we well know, early intervention can make all the difference in treatment outcomes. These are worthy additions to this premier medical institution, the Mandeville Regional Hospital, which is dedicated to providing exceptional patient care, pioneering clinical excellence and nurturing surgical advancement," she said.

## In the News: Southern Regional Health Authority

### Prostate Cancer Screening & Education Intensifies in Southern Jamaica



**Employees from the Southern Parks and Markets listen intently to a presentation about prostate cancer at a screening initiative in Manchester on September 18.**

The Southern Regional Health Authority (SRHA) has intensified its prostate cancer screening activities, by providing hundreds of free screening tests to men in the southern end of the island.

Against the background of the commemoration of Prostate Cancer Awareness Month in September, the teams across the parishes of St. Elizabeth, Clarendon and Manchester intensified its efforts, taking free screening and health education to men in the workplace, church and hospital.

Acting Non-Communicable Diseases and Family Health Coordinator at the SRHA, Dr. Carol Hamilton explained that all men 40 years and over should screen for prostate cancer.

Prostate cancer is the uncontrolled growth of abnormal cells within the prostate gland. Health professionals utilize various tests for screening including the Digital Rectal Examination which allows the medical doctor to manually feel the prostate gland located in front of the rectum. This method assesses the size, the shape and texture of the prostate gland, examining lumps and hardened areas which could suggest cancer.

Another test, the Prostate-Specific Antigen (PSA) is a blood test, which measures the PSA level. PSA is a protein which is produced by the prostate gland which can help screen for cancer. For complete confirmation of prostate cancer, a biopsy is needed to confirm prostate cancer.

Dr. Hamilton explained that the team has been working hard to dispel myths and misinformation related to prostate cancer

**Community Health Aide with the Manchester Health Department, Ms. Jody-Ann Rankine does a Mass Body Index test on an employee of the Southern Parks and Markets, as part of the screening offerings to the employees on September 18 in Man-**

and screening.

“We have been increasing our health education in our health centres, addressing the signs, the symptoms, the different tests available and

dispelling some of the myths that are out there surrounding prostate cancer and screening. We also offer free prostate screening in our health centres... we also go into the workplace meet the men at the workplace

and offer free prostate cancer screening. Also, when we are on the Know Your Numbers Campaign, we offer free prostate cancer screenings” Dr. Hamilton said.

She noted that while men may shy away from doing the screenings, she is encouraging them to take advantage of the screening opportunities, as early detection saves lives.

“Early detection has better outcomes, you will experience less psychological impact, less financial burden on you and your family. Prostate cancer is one of the most common cancer among men and one of the leading cause of cancer deaths among men, so early detection, getting screened...will save lives” she added.

Dr. Hamilton pointed out that while the team is using Prostate Cancer Awareness Month to focus on screening and education, this approach is utilized throughout the year.

“Throughout the year you can also go to the labs at the at the health centres or the hospital after having your requisition made by your medical doctor to get screened. You can also sign up and get the National Health Fund card which offers a subsidy, a discount for prostate (cancer) testing” Dr. Hamilton added.

So far, the team has conducted several screening initiatives, partnering with the Southern Parks and Market, a senior citizens group and the SRHA Regional Office resulting in scores of men being tested in Manchester.



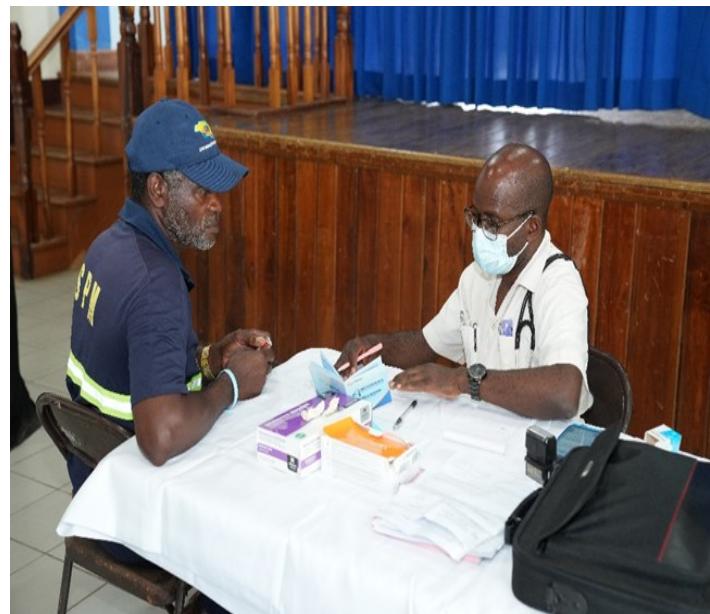
## Facilities on the Move

### Manchester Health Department Protecting Men's Health-One Test at a Time

The Manchester Health Department partnered with Southern Parks and Markets Waste Management Ltd. to provide free prostate cancer screening tests to scores of men on Thursday, September 18 at St. Mark's Anglican Church in Mandeville, Manchester.

The tests included: blood sugar checks, Prostate-Specific Antigen (PSA) screenings, HIV testing, blood pressure tests. Barbara Williams, Non-Communicable Diseases Programme Officer for Manchester, noted that the turnout was excellent and that the men were grateful for the services provided.

Regular screenings help men detect health concerns early-especially prostate cancer, which often shows no symptoms in its early stages. Early detection saves lives and supports stronger, healthier families. Please see below photo highlights.



## Facilities on the Move

### Manchester Infant & Young Child Feeding Committee Continues to Make Strides

The Manchester Infant & Young Child Feeding Committee has been making significant strides in equipping mothers and caregivers with knowledge of proper nutrition principles for the healthy growth and development of infants and young children.

The committee includes trained health professionals and external stakeholders, who provide care and support to mothers and children, including fathers, grandparents, and siblings, to share in the experience of feeding and childcare.

The committee also supports the work being done to promote exclusive breastfeeding for babies up to six months old.

On Wednesday, September 17, committee members were awarded for their hard work and dedication to infant and young child feeding initiatives in Manchester, as part of National Breastfeeding Week. See below highlights.



## Facilities on the Move

### Health Team Commemorates Rheumatic Fever Day With Health Education & Free Screening

On Monday, September 29, the Southern Regional Health Authority observed Rheumatic Fever Day at the St. Matthew's Anglican Church, Santa Cruz, St. Elizabeth as part of International Heart Health Day, educating scores of clients and providing free screening.

Please see below highlights.



## Facilities on the Move

### Clarendon Health Department Commemorates Breastfeeding Week with a Twist

On Tuesday, September 23, the Clarendon Health Department continued its Breastfeeding Week activities under the theme: "Prioritise Breastfeeding: Create Sustainable Support Systems."

The team hosted an exciting breastfeeding jeopardy competition. Congratulations to May Pen Hospital, winners of the competition and to the Lionel Town Hospital for securing second place.

Staff members also showed their creativity in a lively breastfeeding jingle competition, spreading the message in fun and engaging ways.

It was a successful event filled with education, teamwork, and community engagement. This ensures that the breastfeeding mission is accomplished in Clarendon. Please see below photo highlights.



## Facilities on the Move

### SEHD Awards Team for Hard Work and Dedication to Promoting Breastfeeding

The St. Elizabeth Health Department's nutrition team hosted a symposium and award ceremony on Tuesday, September 30 to educate and honour persons who have contributed to the journey of promoting breastmilk as the best option to give infants the best nutritional start for the first 6 months of life.

See highlights of the day's event.



## Facilities on the Move

### MHD Hosts Inaugural Breastfeeding 5K Run/Walk

Congratulations to the Manchester Health Department for successfully hosting its inaugural Breastfeeding 5K Run/Walk on Sunday, September 14, 2025.

Key moments included: participants, from families to fitness enthusiasts, came out at 6:00 a.m. in support of infant and nutrition care; energetic atmosphere filled with fun, prizes and surprises, all for a great cause; funds raised will go towards strengthening infant and nutrition support in Manchester.

Thank you to our sponsors, volunteers and every participant for making this inaugural event a resounding success. Together, we are building a healthier future for our children.

See below highlights.



## Facilities on the Move

### PJH Physiotherapy Team Commemorates Physiotherapy Week With Health Fair

On Thursday, September 11, the Percy Junior Hospital's Physiotherapy Department commemorated World Physiotherapy Week 2025, with a health fair and a seminar focused on frailty and fall prevention, reflecting the 2025 theme: "Healthy Ageing".

The day featured : Know Your Numbers health checks – blood pressure, haemoglobin, cholesterol; expert discussions on frailty, fall prevention and incontinence and financial wellness insights on savings, investments & insurance for ageing well. Please see below photo highlights.



## Staff Highlight

### Regional Office Men Welcome PSA Screening

The SRHA Staff Welfare Team organised a Prostate-Specific Antigen (PSA) screening to encourage men at the Regional Office to take proactive steps in protecting their health.

A PSA test is a simple blood test that measures the level of prostate-specific antigen in the blood. Elevated levels may be an early sign of prostate cancer or other prostate conditions.

Prostate cancer is one of the most common cancers affecting men, and in its early stages it often shows no symptoms. Early detection through regular screening, such as the PSA test, allows for timely treatment, which can significantly improve health outcomes and save lives.

This initiative was held on Thursday, September 18 on the grounds of the SRHA Regional Office. See highlights below.





# HR And You:

## “Interim Corner”

**INTERIM CORNER**

**SHOULD NOTICE BE GIVEN BEFORE CONDUCTING AN INTERIM EVALUATION AND WHO IS REQUIRED TO SIGN THE DOCUMENT?**

Yes, the supervisee should be given at least two (2) days notice before conducting an Interim Evaluation. At the end of the evaluation, it should be signed by the supervisor, the supervisee and the reviewing officer.

**Fig.1 – Snippet from the Interim Evaluation form**

**HRM&D Unit**

**Supervisor's / Manager's Comments**  
**Employee's Comments**  
**Reviewing Officer's Comments**  
**(Manager/Supervisor) \_\_\_\_\_ Date: \_\_\_\_\_**  
**(Employee) \_\_\_\_\_ Date: \_\_\_\_\_**  
**(Reviewing Officer) \_\_\_\_\_ Date: \_\_\_\_\_**

**INTERIM CORNER**

**WHAT SHOULD BE WRITTEN IN THE “ACTION AGREED OR OTHER COMMENT” COLUMN?**

The “Action Agreed or Other Comment” column is used to document how the barrier or constraint that was indicated will be addressed / the way forward to assist the employee in accomplishing that particular task.

**HRM&D Unit**

# Infohub

**THE 'CX' COMPASS**  Southern Regional Health Authority  
 Compassion | Accountability | Respect | Efficiency

## PERFORMANCE EXCELLENCE

To create a culture of service excellence in all public sector organisations by setting performance standards, improving capacity, promoting excellence, and establishing effective systems of management and accountability.





SOURCE: GOJ SERVICE EXCELLENCE POLICY HANDBOOK

# Wellness Bytes

“Exercise Tips”



# Health & Wellness



## EXERCISE TIPS

**1 DONT PUT IT OFF**

**2 KEEP IT FUN!**

**3 SET GOALS YOU CAN ACHIEVE**

**4 WARM UP BEFORE YOU EXERCISE**

**5 TRY TO BE ACTIVE 1 HOUR A DAY**

**6 YOU CAN BREAK YOUR HOUR UP INTO SMALLER CHUNKS**

**7 EAT HEALTHY**

**8 EXERCISE WITH YOUR FAMILY AND FRIENDS**

**9 STAY HYDRATED**

**10 STRETCH AFTER EXERCISE**

- 1 DONT PUT IT OFF
- 2 KEEP IT FUN!
- 3 SET GOALS YOU CAN ACHIEVE
- 4 WARM UP BEFORE YOU EXERCISE
- 5 TRY TO BE ACTIVE 1 HOUR A DAY
- 6 YOU CAN BREAK YOUR HOUR UP INTO SMALLER CHUNKS
- 7 EAT HEALTHY
- 8 EXERCISE WITH YOUR FAMILY AND FRIENDS
- 9 STAY HYDRATED
- 10 STRETCH AFTER EXERCISE

# SUBMIT AN ARTICLE

We welcome your input.

Please submit your articles and feedback for the October edition to:

The Corporate Communications & Public Relations Branch

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The Lighter Side

