

NERHA IN FOCUS

Flashback

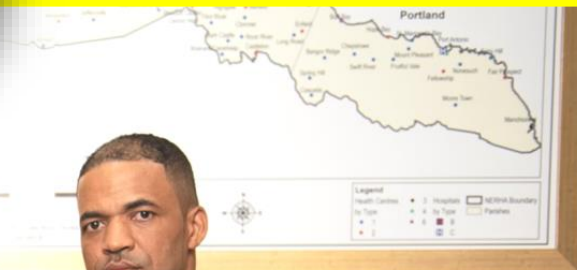
Mission

In Partnership with Staff and Stakeholders
to promote the physical, mental, social and
spiritual well-being and enhance the quality
of life of the people of the region by empowering
individuals and communities to take control
of their health and well-being.



The Official Newsletter

January – December 2018



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- Regional Director

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North-East Regional Health Authority

34 -38 Ocean Village Shopping Centre

Ocho Rios, St. Ann

www.nerha.gov.jm publicrelations@nerha.gov.jm (876) 318-0104

Healthy Lifestyles

Healthy Environment

Healthy People



nerhajm



mohnerha



mohnerha



nerha.jm

Message from the Board Chair

By Mr. Tyrone Robinson

In our efforts to communicate more with our staff, publications such as these can only enhance the dialogue and provide another avenue to showcase the many initiatives and programmes that we are involved in as we undertake the mammoth task of delivering quality health care services in the North-East Region.

Undoubtedly, we have achieved many successes worth celebrating, while being mindful that we have many more hurdles to overcome. This we can and will do by continuing to work together, understanding that we are as strong as our weakest link.

As we celebrate the Holiday season, let me use this opportunity to extend my own appreciation for all the support, hard and smart work you have given over the past year. I wish you all peace, joy, and all the best this wonderful season has to offer. May this incredible time of giving and spending time with family, friends and loved ones bring you joy that lasts throughout the year. **Let me also wish you all a very Happy, Blessed and Prosperous 2017.**



*Mr. Tyrone Robinson
Board Chairman*

Message from the Regional Director

By Miss Fabia M. Lamm

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*Miss Fabia Lamm
Regional Director*

Interview

Board Member – Dr. Lowell Dilworth

Who is Dr. Lowell Dilworth?

I am currently a Senior Lecturer in the Department of Pathology at the University Hospital of the West Indies, Mona Campus and a Consultant Chemical Pathologist at the University Hospital of the West Indies. My day to day activities include lecturing to students in Medical and Basic Medical Faculties as well as working as part of a hospital medical team collectively responsible for investigating and diagnosing illnesses by way of interpreting results of tested patient samples .

What have been your experiences as a member of the North East Regional Health Authority Board of Management?

My experiences as a member of the North-East Regional have mostly been positive. It is important to be able to contribute to national development by being involved in the delivery of quality healthcare, starting at the regional level. It is also a joy to be able to work with a dynamic team of dedicated personnel who produce amidst all adversities.

Describe your best/worst moments as a Board Member

My best moments involved overseeing the implementation of projects geared at improving the lives of residents of NERHA from start to finish. My worst moments involve receiving complaints from users of the health facilities or receiving reports about abuse of staff members.

How do you view your contribution to the North-East Regional Health Authority Board?

It is hoped that my contributions to the North-East Regional Health Authority Board are valued especially in light of the zeal and passion that is put into all board-related activities. My strongest area of contribution lies in the diverse aspects of laboratory medicine.

What is your favourite music?

I appreciate all genres of music

What is your favourite food?

Salmon

Where in the world do you like the best?

Strasbourg, France

Are there any child-hood experiences that impacted your life choices in a positive way?

The experiences garnered from growing up with my great-grandmother who was kind to everyone and has taught me the true meaning of service.



Any advice for NERHA staff members?

The reward for hard work is more work but it is all worth it in the end.

Any other information that you think is relevant to the professional development of staff members?

Currently, I am the President of the Rotary Club of New Kingston and as Rotarians; we strive to display service above self in all aspects of our lives. If this type of approach can be embraced by a wider cross-section of society, we will ultimately end up with a more caring and productive workforce.



NERHA
IN FOCUS

MORE

MOMENTS

MORE

MEMORIES

NERHA IN FOCUS

HIGHLIGHTS

Jamaica Moves – Road Tour

NERHA

St. Mary, St. Ann & Portland



The Jamaica Moves Road Tour initiative was in response to the urgent need to help Jamaicans to reduce the risk of developing Non-Communicable Diseases via health education and promotion, physical activity and nutrition. This would result in Jamaicans to enjoy “more moments, more memories, and more life”.

The Jamaica Moves Road Tour within NERHA was designed to target the public by having free health screenings and workout sessions coupled with an entertainment. The hosts included: The Honourable Minister of Health, Dr. Christopher Tufton, Ms. Jennifer Small aka Jenny Jenny and MC Teddy.

St. Mary Jamaica Moves Road Tour - On February 22, 2018, the Jamaica Moves Road in NERHA was launched in the parish of St. Mary at the Claude Stuart Park in Port Maria. The Road Tour which included a Division challenge dubbed, ‘Shedding for Fitness’ to support and encourage participants to shed unhealthy lifestyle practices such as unhealthy diets, physical inactivity, tobacco smoking and more. The winner for the challenge was Councillor Doreen Hutchinson from the Carron Hall Division.

- *Special Guest Artist: Ding Dong*
- *Work out session with: Sweet Energy Fitness and Myers Fitness Centre*

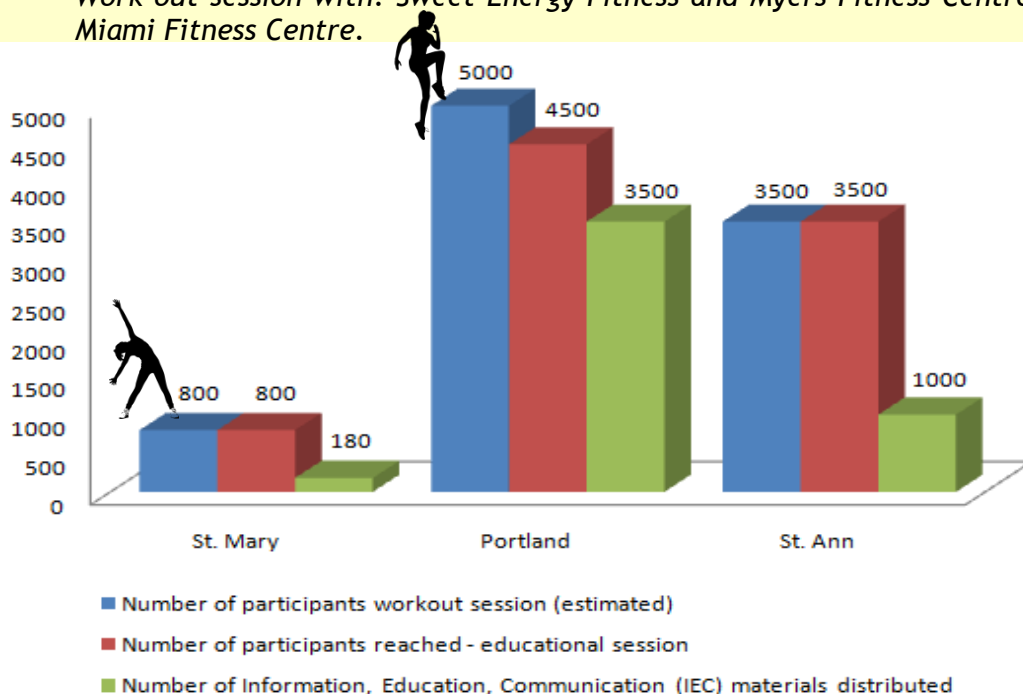
The Jamaica Moves Road Tour in St. Mary was a success over 1500 persons attended the event a quarter of which accessed health care services offered on the day.

Then on May 17, 2018, St. Ann Jamaica Moves activity was held at the Turtle River Park, Ocho Rios which included a corporate challenge. The winner of the corporative challenge was Moon Palace with Jamaica Fire Brigade in 2nd place and NERHA in 3rd place.

- *Special Guest Artists: Ding Dong, Short Boss, Hugh Pungeh and Accid*
- *Work out session with: Sweet Energy Fitness and Myers Fitness Centre*

On July 12, 2018 the Jamaica Moves Road Tour ended in the parish of Portland at the Errol Flynn Marina.

- *Special Guest Artists: Busy Signal and Short Boss*
- *Work out session with: Sweet Energy Fitness and Myers Fitness Centre and Miami Fitness Centre.*





ST. MARY - JAMAICA MOVES ROAD TOUR



ST. ANN - JAMAICA MOVES ROAD TOUR



PORTLAND - JAMAICA MOVES ROAD TOUR



Jamaica Moves in School Ambassador Training

ST. ANN

Madge Saunders Conference Centre

A comprehensive programme created to tackle the risk factors for Non-Communicable Diseases in schools to become a healthy setting for learning and working.

The Health Education and Promotion team in collaboration with Region 2 Ministry of Education Youth and Information successfully planned and executed the first ever Jamaica Moves in School Ambassador's Residential Training among eight (8) secondary level schools which compromised of fifty-nine (59) students and seventeen (17) teachers. The camp was held at the Madge Saunders Conference Centre, Tower Isles from November 8-11, 2018. The camp was focused on three (3) components:

1. Healthy Eating
2. Physical Activity
3. Age Appropriate Health Checks (BMI)



Ambulance Handing Over

ST. ANN & ST. MARY

St. Ann's Bay Regional Hospital & St. Mary Health Services

On May 16, 2018, two newly retrofitted ambulances were handed over to the St. Mary Health Services and the St. Ann's Bay Regional Hospital to boost the fleet of vehicles to enhance patient delivery in the region. The vehicles were purchased and retrofitted at approximately Twenty-Four Million Dollars (JM\$24,000,000) and this cost was exclusively borne by NERHA.

The Regional Director, Miss Fabia M. Lamm noted that the region is committed to improving its fleet complement in order to positively impact patient care and to respond to the growing need for patients to be transported for diagnostic and other related services. In this regard, the region will continue to replace its aged fleet on an incremental basis, through its own resources as well as with the aid of advocacy, to achieve this critical objective.



(L-R) Miss Fabia Lamm, Regional Director, NERHA & Mr. Tyrone Robinson JP, Chairman, Board of Management, NERHA handed over vehicle documents to Mr. Leo Garell, Chief Executive Officer, St. Ann's Bay Regional Hospital and Dr. Tanya Hamilton-Johnson, Senior Medical Officer



(L-R) Miss Fabia Lamm, Regional Director, NERHA & Mr. Tyrone Robinson JP, Chairman, Board of Management, NERHA handed over vehicle documents to Mrs. Sherrie Ellis-Wallace, Parish Manager - St. Mary Health Services, Ms. Sharon Golding, Director of Nursing Service, Mrs. Lorraine Brown-Wright, Chief Executive Officer, Port Maria Hospital & Dr. Tamara Henry, Medical Officer of Health.

Board Retreat

NERHA

Melia Braco Village

The Heads of Department across the North-East Regional Health Authority presented to the Board of Management their work plans 2018 – 2019 and achievements. This was held on July 6 & 7, 2018 at the Melia Braco Village, Rio Bueno in Trelawny under the theme: 'Positioning for Strategic Renewal in the Delivery of Quality Health Care Services.'



Breastfeeding Week (September 16 – 21, 2018)

Theme: Breastfeeding: Foundation for Life



ST. MARY

Opening Ceremony of Breastfeeding Room – Highgate Health Centre

To celebrate National Breastfeeding Week, an Opening Ceremony of the Breastfeeding Support Room was held on Wednesday, September 19, 2018 at the Highgate Health Centre. This is where working mothers can now go to privately breastfeed or express milk for their babies.



ST. ANN

Breastfeeding Mini Expo – St. Ann Health Department

A mini expo was held on September 19, 2018 at the St. Ann's Bay Health Centre to celebrate Breastfeeding Week.



Breastfeeding Week (September 16 – 21, 2018)

Theme: Breastfeeding: Foundation for Life



ST. MARY

Breastfeeding Expo & Domino Tournament

To end the celebration of Breastfeeding Week, a National Breastfeeding Expo and Domino Tournament was held at the Claude Stewart Park in Port Maria, St. Mary on Friday, September 21, 2018.

It was a collaborative event with the Ministry of Health and the North-East Regional Health Authority. The theme was, “Breastfeeding: Foundation of Life, Men Matter in this Fight”.

The aim was to engage more males in the support, promotion and protection of breastfeeding of the health development of newborns, infant and young children as a part of nation building.

All four (4) Regional Health Authorities (South-East Regional Health Authority (SERHA), Southern Regional Health Authority (SRHA), Western Regional Health Authority (WRHA), North-East Regional Health Authority (NERHA)) entered the Domino Tournament, however only one could win.



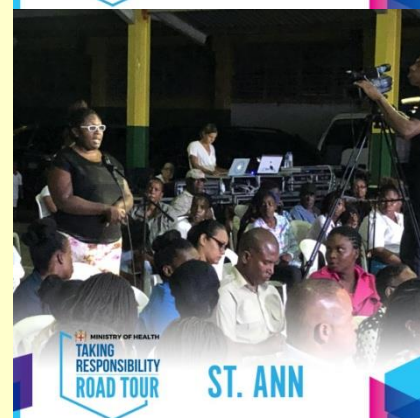
Congratulations to the NERHA Domino team for winning the Domino competition.

Taking Responsibility Road Tour

ST. ANN

Ocho Rios High School

The Minister of Health, Dr. the Hon. Christopher Tufton had his second stop of the Taking Responsibility Road Tour on Thursday, November 1, 2018 at the Ocho Rios High School, St. Ann. Topic of discussion will be 'Cervical Cancer and HPV in both men and women'. Guest presenter Obstetrician and Gynaecologist, Dr. Michael Abrahams, who brought his medical expertise and comedic flair to help Jamaicans better, understand preventive measures they can take against the disease.



Wellness Expo

ST. MARY

Annotto Bay Hospital

The Wellness Expo was held on November 23, 2018 at the Annotto Bay Hospital Car Park. This was an event that aided the staff to acquire business and health services



Work Day & Health Fair

The North-East Regional Health Authority in collaboration with the National Health Fund held numerous Community Work Day and Health Fairs. This is an initiative to promote grassroot collaboration and community participation in improving our health care delivery system

ST. MARY Retreat Health Centre



NATIONAL HEALTH FUND
presents
HealthFair
&
WORK DAY 2018
at the
RETREAT HEALTH CENTRE
SATURDAY, JANUARY 20TH
8:30AM - 5:00PM
OPEN TO THE PUBLIC



Retreat Health Centre was held
on January 20, 2018



FREE HEALTH SERVICES INCLUDE:

- Blood Pressure Check
- Pap Smears
- Nutrition Counselling
- Health Lectures
- HIV Counselling and Testing
- Blood Sugar Check
- Immunization (take along your child's Immunization Card)

PLUS...Food Handler's Clinic

(Please come with one recent passport sized photograph & \$500 for the badge)

COME OUT AND GET YOUR FREE HEALTH CHECKS DONE
HEALTHY LIFESTYLE. HEALTHY ENVIRONMENT ...HEALTHY PEOPLE



Work Day & Health Fair

ST. MARY

Oracabessa Health Centre



NHF Work Day and Health Fair was held at the Oracabessa Health Centre was held on March 3, 2018

PORTLAND

Portland Health Department



NHF Community Work Day, Health Fair and Awards Ceremony was held at the Portland Health Department on December 1, 2018

Work Day & Health Fair

ST. MARY

Annotto Bay Hospital & Health Centre



The National Health Fund (NHF) in collaboration with the North-East Regional Health Authority (Annotto Bay Hospital and Health Centre) presents

COMMUNITY WORK DAY

FREE! HEALTH CHECKS

- ✓ Blood Pressure
- ✓ Blood Sugar
- ✓ Nutrition Counseling
- ✓ Immunization for Children ONLY

Saturday, October 27, 2018
Annotto Bay Hospital
9:00am

Take along your child's Immunization Cards

JOIN US



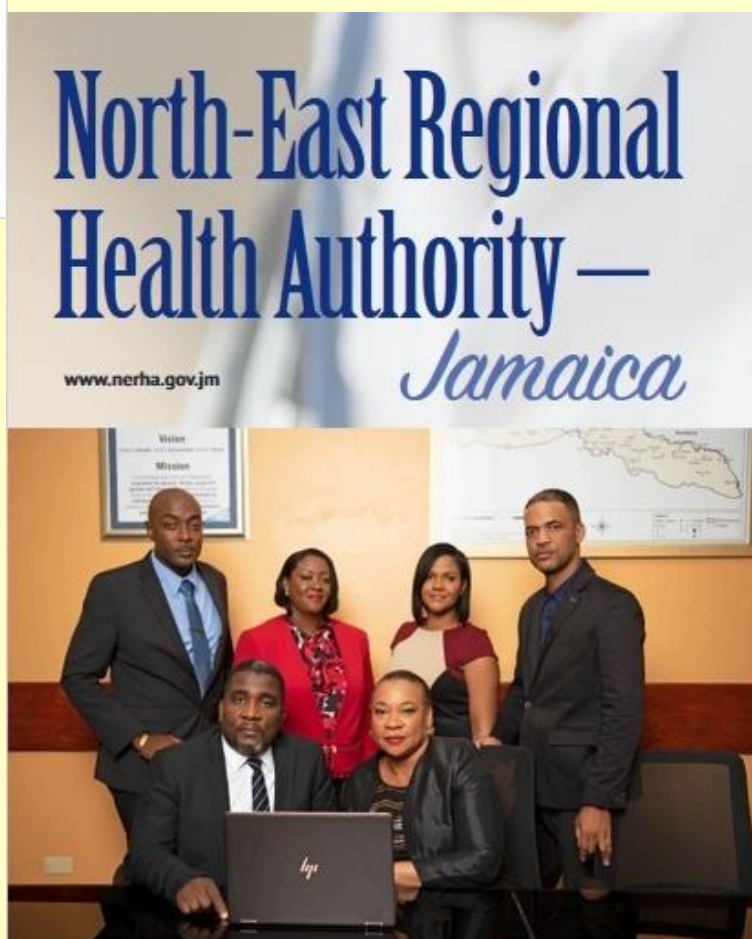
Business View Magazine



Business View Caribbean Magazine: Keeping Jamaica Healthy

A Business View Caribbean Magazine was done for October/November 2018 and the Regional Director, Miss Fabia M. Lamm was interviewed, a spotlight for the North-East Regional Health Authority. A brochure was done as well with focus on the North-East Regional Health Authority and its' secondary health care delivery in four hospitals, the St. Ann's Bay Regional Hospital, Port Antonio Hospital, Port Maria Hospital and the Annotto Bay Hospital.

Business View Caribbean is a global leader in multi-platform business-to-business profiles, news and opinion. With more than 30,000 executive subscribers throughout the Caribbean, Business View is read by some of the most influential decision-makers driving our economy. Business View's unique approach is to detail the inner workings of the most influential companies and leaders today.



Business View Caribbean Brochure: North-East Regional Health Authority

TECHNICAL HIGHLIGHTS

ST. ANN

Extended Laboratory Services St. Ann's Bay Health Centre

The North-East Regional Health Authority (NERHA) has extended its Phlebotomy service to the public at the St. Ann's Bay Health Centre since May 2018.

The extended laboratory service includes complete blood count (CBC), liver function, glucose and blood tests. Previously, the laboratory service at the health centre was primarily tests done for sexual transmitted infections (STI), Antenatal and Family Planning clinics.

St. Ann's Bay Health Centre is a type 5 facility that serves over a population of 30,000 to 60,000 with full-time medical, dental, lab and pharmaceutical services. Over 25,020 patients accessed laboratory services from January 2017 to July 2018.

According to Miss Dorrett Martin, Regional Medical Technologists, 'the extended service is a significant boost to the services provided at the health centre.' Additional she stated that, 'the main purpose of this expansion in Lab services is to increase access and to reduce the cost to patients to utilize these services. She also pointed out as a major gain the improvement in turnaround time for results that are needed for diagnosis, treatment and care of patients and to reduce the patient burden on the St. Ann's Bay Regional Hospital.



On average the number of patients' seen daily in the A&E and the Outpatient Department of the St. Ann's Bay Regional Hospital is approximately 160 and 103 respectively and currently the ratio of self referrals to hospital is 101:1 which is above the Ministry of Health target of 40:1.

Persons that would like to access the services at the Health Centre should visit the Laboratory (Room 3) on the main clinic building. Public samples are collected on Mondays and Fridays at 8:30am – 12:00noon.

Certified Baby Friendly Alexandria Community Hospital

The Alexandria Community Hospital is the second hospital in Jamaica that was certified baby friendly (January 2018). The hospital through this initiative will promote "The Ten Steps to Successful Breastfeeding" as a means to improve the health of newborns and exclusive breastfeeding rates.



Compassionate Care

ST. ANN

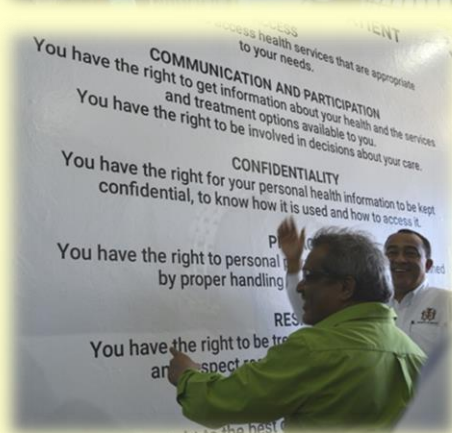
St. Ann's Bay Regional Hospital

The Minister of Health, Dr. the Hon. Christopher Tufton launched the Compassionate Care programme at the St. Ann's Bay Regional Hospital on October 25, 2018, aimed at improving the quality of service and care offered in public hospitals in Jamaica.

The programme seeks to improve clinical services with an emphasis on empathetic service delivery in health facilities. The programme will also include recruitment and training of volunteers to assist in providing additional support in administering compassion care to patients during the recovery process.

The Compassionate Care programme comprises of three components:

1. Training of staff in customer service
2. Improvement of basic infrastructure
3. Boosting voluntarism to aid the delivery of compassionate care



National NCD Conference

ST. ANN

The National NCD Conference was held on March 5, 2018 under the theme 'Cut It & Move'.

NERHA received 1st place

Awarded for outstanding contribution in Adolescent Health

Parish Cervical Screening Award – 'Highest increase in the number of women screened'



Team NERHA NCD booth



MOH, Dr. Tamara Henry (Right) explaining to the Minister of Health & Wellness, Dr. the Honourable Christopher Tufton about Team NERHA's NCD booth display



Team NERHA



Team NERHA poses for photo



Team receiving prizes

8th Annual Scientific Conference

ST. ANN

St. Ann's Bay Regional Hospital

“Bridge the Gap - Working Together for Better Patient Care” was the theme for the 8th Annual St. Ann's Bay Regional Hospital Scientific Conference held on July 22, 2018 at the Holiday Haven Resort in Runaway Bay.

Members of staff and visitors turned out in numbers to hear from the presenters on topics such as: Understanding Stress, Peripartum Cardiomyopathy, Pediatric Neonatal Mortality, Oesophageal Cancer, Motorcycle Injuries seen at SABH, Surgical Management of Hemorrhagic Stroke, Breast Cancer Screening and Confidentiality in the Workplace.

The annual Glen Smalley Lecture was delivered by Professor Joseph Plummer, Head, Department of Surgery, Radiology, Anesthesia & Intensive Care, UWI, and Mona Campus.

Other presentations were drawn from various departments, such as: - OB/GYN, Operating Theatre, Pediatrics, Orthopedics, General Surgery, - Accident and Emergency, Internal Medicine.

Greetings were brought by the Chief Executive Officer, Mr. Leo Garel and the Chairman of the NERHA Board of Management, Mr. Tyrone Robinson. The Regional Director, Miss Fabia M. Lamm gave an interesting presentation entitled ‘Bridging the Gap’.

Sponsors for the event were Abbott Laboratories, National Health Fund, Heritage Educational Fund, 3M Ltd, and Island Radiology, who also had display booths on site.



INFRASTRUCTURE & FLEET UPDATE

Opening of the Renovated Pediatric Ward

ST. ANN

St. Ann's Bay Regional Hospital

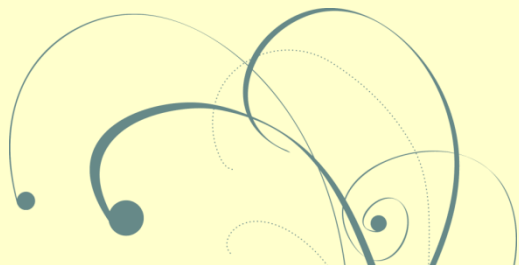
The Issa Trust Foundation, Graham Russell and Russell Hitchcock (Air Supply), performed at a benefit concert at Couples Sans Souci Resort from which J\$20 M was raised. This money was utilized in the improvement project for the Pediatric Ward at the St. Ann's Bay Hospital, which was officially opened on March 22, 2018, by the Honourable Minister of Health, Dr. Christopher Tufton.

Extensive work was done on the ward which included the provision of new beds, cots, vital-sign monitors, piped medical gases, furniture for parents and visitors, replacement of windows, new curtain tracks and curtains, a central air-conditioning system, split air-conditioning units, fans, television sets, ventilators, and improvements to the bathrooms.

Speaking at the opening of the renovated Pediatric Ward at the St. Ann's Bay Regional Hospital in St. Ann on March 22, Dr. Tufton expressed appreciation for the public private partnership that existed in NERHA that resulted in projects such as the Paediatric Ward renovation. Also speaking at the Opening Ceremony Miss Fabia M Lamm encouraged other benefactors to come on board and partner with the North- East Regional Health Authority.

The Board Chairman of the North- East Regional Health Authority (NERHA), Mr. Tyrone Robinson was true to his auspicious nature in calling for pledges to purchase a central AC unit for the male medical ward. He also raised J\$2M in pledges.

Mrs. Juliet Holness, wife of the Prime Minister, who was also in attendance, said, *'it is commendable that the North East Regional Health Authority (NERHA) and the Issa Trust Foundation have joined together "to produce a world-class facility" for children.'*



PROMAC Groundbreaking Ceremony

St. Ann's Bay Regional Hospital

The Government of Jamaica through the Ministry of Health (MOH) has implemented the programme for the reduction of Maternal and Child Mortality (PROMAC), which is funded by the European Union. The programme seeks to establish High Dependency Units (HDUs) in hospitals across Jamaica as well as support the renovation and upgrading of primary health care centres and community hospitals. The PROMAC project will provide support to Jamaica in attaining the Millennium Development Goals (MDGs) of reducing child mortality and improving maternal health.

The St. Ann's Bay Hospital is one of 5 hospitals that will benefit from the EU funded PROMAC project. The other hospitals are Mandeville Regional Hospital, Spanish Town Hospital, Cornwall Regional Hospital, and Victoria Jubilee Hospital.

Official ground breaking for the SABH project took place on May 17, 2018, where the guest speaker was the honourable Minister of Health, Dr. Christopher Tufton. Also present were Head of the European Delegation to Jamaica, Her Excellency Ms. Malgorzata Wasilewska, and the Director General of the PIOJ, Dr. Wayne Henry.

The project is scheduled to be completed in 12 months. When the project is completed the SABH will have 4 Maternal High Dependency Units and 6 Neonatal High Dependency Units.



Renovation of the Doctor's Quarter

ST. MARY

Port Maria Hospital

The Sandals Foundation in collaboration with the North-East Regional Health Authority renovated the Doctor's Quarter at the Port Maria Hospital. The cost for renovation was approximately \$3.5 million. The scope of work included complete gutting residence, electric work, plumbing, new ceilings, refurbished kitchen and bathrooms, grilling, construction of cupboards and painting of the interior and exterior of building.



State of the Art X-Ray Department

PORTLAND

Port Antonio Hospital

The fully renovated X-Ray Department was re-opened at the Port Antonio Hospital on October 19, 2018 to better serve the people of Portland and its environs. The project was funded at a total cost (J\$51,250,250.09), broken down as follows:-

(i) Supply, installation, training & commissioning of new X-Ray Unit = J\$ 25,800,000 (Funded by the CHASE Fund) (ii) Supply, installation, training and commissioning of a new Ultrasound Machine (Funded by the National Health Fund) = J\$ 6,690,000 (iii) Civil Works (renovations to the building, Information Technology Infrastructure, Professional Fees) (Funded by NERHA) = J\$ 18,760,250.09

The North-East Regional Health Authority would like to thank its valued partners the CHASE Fund and the National Health Fund (NHF), whose continued commitment to enhancing the Jamaican Public Health Care delivery service made this critical intervention at the Port Antonio Hospital a reality. We would also like to thank the staff of the Port Antonio Hospital and people of Portland for their patience in facilitating the completion of this well needed improvement to the service delivery at the Port Antonio Hospital.



STAFF SPOTLIGHT & RECOGNITION

Media & Risk Communication Training

NERHA

Two (2) Days Workshop

The Senior Managers pose with Fae Ellington (facilitator) at the end of a two day workshop which was hosted by NERHA to better equip Senior Managers in media and risk communication skills.



Service Award

NERHA

High Individual Value

Finance and Procurement Officer (HIV), Miss Jodene Plummer was awarded for being of High Individual Value with the National HIV/STI Programme 2018, the 28th Annual Review under the theme: 'Beyond the Numbers'.

Outstanding Regional Medical Technologist

Team NERHA congratulates Ms. Dorrett Martin on being awarded the Most Outstanding Regional Medical Technologist during Laboratory Professional Week (April 22 – 28, 2018).



Jodene Plummer
Finance & Procurement Officer (HIV)



Dorrett Martin
Regional Medical Technologist

Regional Sports Day

NERHA

The Regional pre-Sports Day activities started in April 2018 with football and netball competitions at the Buckfield Playfield, St. Ann. The Sports Day was held on June 28, 2018 at Gray's Inn, St. Mary. Activities included: 100m & 200m races, bulla eating, sack race, lime and spoon, hula hoop and many more.

It was a fantastic day. The teams Blue Blazers, Portland Challengers and Vibes Master came out in their numbers and gave each competition a fighting chance; however there could only be one winner per title.



Portland Challengers – Portland Team

Winners of the Regional Sports Day 2018



Blue Blazers - St. Mary Team

Winners of the Chairman's Cup for the Football Competition 2018



Vibes Master - St. Ann Team

Winners of the Regional Director's Netball Trophy 2018





Staff Retirement Banquet

ST. MARY HEALTH SERVICES

The St. Mary Health Department hosted a Staff Retirement Banquet on July 4, 2018 in the form of a dinner. This was held at the Casa Maria Hotel which commenced at 6:00pm. The retirees were awarded for their long years of service.



Human Resource Officer, Mrs. Nyekah Adam (left) presented award to former Accountant, Mr. Desmond Matthews (right) for having had served 41 years with the Port Maria Hospital



Medical Officer of Health, Dr. Tamara Henry (left) awarded former Community Health Aide, Ms. Claudette Barker (right) for having had served 39 years with the St. Mary Health Department



Board Chairman, Mr. Tyrone Robinson (right) awarded former Hospital Attendant, Mr. Noel Williams for having had served 31 years at the Port Maria Hospital



Retirement Sensitization Seminar

PORTLAND HEALTH SERVICES

A Retirement Sensitization Seminar was organized for sixty-three employees of the Portland Health Services on 2018 June 27. The purpose was to sensitize employees on the need to make preparation for retirement, financially and psychologically. The session was geared at employees scheduled to retire within five (5) to ten (10) years.

The seminar commenced with presentation on the Will preparation process by Attorney at Law, Mrs. Yvonne Ridguard. There were also representatives from the Ministry of Health, who presented on the Retirement Process, Early Retirement & Pension Reform. The National Insurance Scheme (NIS) and National Housing Trust (NHT) representatives apprised attendees of the benefits available to Pensioners and procedures to access same. Sagicor representatives shared information on the post-retirement Insurance Plan GPASO and outlined the benefits and requisite processes.

We also included presentations from our very own Dr. Sandra McDermott (Psychologist) who presented on Mental, Emotional and Physical preparation. The day culminated with Mrs. Pauline Allen-Mitchell, former Regional Programme Development Officer who spoke about life after retirement and how to cope as a retiree.

Overall, the speakers and information presented were well received by all.



Retirement Sensitization Seminar

ST. ANN HEALTH DEPARTMENT

The St Ann Health Department celebrated staff and retirees from across the parish on January 30, 2018 at the Almond Tree Hotel in Ocho Rios.

Five retirees whom have collectively given over 95 years of unwavering services in Administration, Environmental Health and Mental Health were honoured; they were presented with citations and plaques.

Those honoured were Lavern McNish, who served for 25 years as a Clinic Attendant; Rudolph Jones, who served as a Psychiatric Nursing Aide for 15 years; Leroy Johnson, who served as Psychiatric Nursing Aide for 14 years; Former Entomological Assistant Trevor Lothian, who served for 34 years; and Eulalee Sanders who served as an Administrative Assistant for nine years. The inaugural staff conference and awards banquet recognized and awarded 24 employees for their contribution in the categories of:

- ❖ Above and Beyond the Call of Duty
- ❖ Systems Thinker and Innovator
- ❖ Team Spirit and
- ❖ Excellence in Work Planning and Productivity.

Awardees were nominated by their colleagues from each health districts.

Another big award of the day was the Customer Service Excellence Award. This was presented to the Claremont Centre of Excellence, after a mystery shopper visited all health centres within the parish and found Claremont Centre of Excellence delivering the best service to its customers.



DONATIONS

Ocho Rios Health Centre



Mr. Livingston Binns, Sales Manager from Island Dairy Ltd handed over a 49" LG Smart TV to the Ocho Rios Health Centre at a Handing Over Ceremony on October 11, 2018. The television set would be used to aid in improving the waiting experience of the clients

Exchange Health Centre



The Exchange Gospel Assembly donated a water cooler on August 3, 2018 to the Exchange Health Centre in order to improve the waiting time experience at the Health Centre

Port Maria Hospital



On August 16, 2018, the Handing Over Ceremony was held with the World Deliverance Ministry International which donated Electronic Baby Scales (purchased from funds raised by the Youth Group from the St. John's Baptist Catholic Church in New Freedom, Pennsylvania), Hydraulic Stretcher and a Defibrillator to the Port Maria Hospital.

Ocho Rios Health Centre



On August 3, 2018 the Sandals Foundation donated medical equipment valued at a cost of approximately \$380,372.50 to the Ocho Rios Health Centre. The equipment included: Blood Pressure units, Digital Thermometer, Feta Doppler, and X-Ray View Box among others.

Ocho Rios Health Centre



The UWI Open Campus held a fundraising event in aid of purchasing small diagnostic equipment for the Ocho Rios Health Centre. A handing over ceremony was held at the Ocho Rios Health District meeting on October 31, 2018. The donation included two (2) Compressor Nebulizers and one (1) Blood Pressure Machine Monitor.

St. Ann's Bay Regional Hospital



The Baltimore Cricket & Social Club & friends donated some items to the St. Ann's Bay Regional Hospital (Emergency Room)

Enfield Health Centre



On February 22, 2018 a cheque was paid to the order of Enfield Health Centre under the 'Adopt A Clinic' programme in the amount of One Million Dollars (\$1,000,000) from Ja55 Charities Group in the United Kingdom

St. Ann's Bay Regional Hospital



The North-East Regional Health Authority in association with the Japanese Embassy Grass Root Human Security Project held a Handing Over Ceremony on Friday, November 16, 2018 on the grounds of the St. Ann's Bay Regional Hospital. The project of the Improvement of Medical Equipment for the St. Ann's Bay Regional Hospital was US\$67,566 equivalent to approximately JMD\$8.2million

Human Resource

Employee Assistance Programme (EAP)



EMPLOYEE ASSISTANCE PROGRAMME

The EAP (Employee Assistance Programme) offers **FREE** and **CONFIDENTIAL** assessment and counselling for employees who are experiencing personal problems that may negatively affect their job performance and overall well being.

Contact us

PORTLAND:
Dr. Sandra McDermott
Psychologist
876-770-1286

ST. MARY:
Ms. Jody Sutherland
Psychologist
ABH – Mon. & Tue
(876-996-2314)
PMH – Wed.
(876-996-2314)
Mrs. Lois Daley
Psychologist
876-770-5874

ST. ANN:
Dr. Parnell Bell
Regional Psychologist
876-770-5306
Mrs. Toni-Ann Davis
Psychologist
876-770-8699

EAP is for:

- Workplace struggles
- Stress & Depression
- Emotional problems
- Alcohol or substance abuse
- Relationship conflicts
- Anxiety & Mental illness
- Personal loss
- Children & Dependant Parents

Total wellness involves more than just your physical health; it also includes your mental and emotional well-being. The Employee Assistance Programme (EAP) is sponsored by the North-East Regional Health Authority (NERHA), designed to provide assistance, within a confidential framework, to employees and retirees who are experiencing personal problems that may negatively affect their job performance, and overall well-being.

The services provided by the EAP includes: Life and career transitions, workplace conflicts, anger management, parenting concerns, drug or alcohol abuse or dependency and any other psychological or emotional challenges.

Employee of the Month Programme (EOM)



EMPLOYEE OF THE MONTH programme

The Regional Office Employee of the Month is one of the NERHA's Employee Recognition Programmes. The programme recognizes one employee per month who has displayed exemplary service.

THE PROCESS

Nominations can be made by ANY member of staff.

The nominator is required to complete the Nomination Form (via link provided) within the stipulated timeframe.

After the nomination period has closed, all nominations are presented to the EOM Committee for deliberations and a final decision. The EOM Committee comprises of representatives from all departments.

After selection, the Employee of the Month is highlighted via the intranet, the Star of the Month Board and receives a certificate.

Employees are rated based on the following factors:

- ✓ Attitude
- ✓ Cooperation and flexibility
- ✓ Dependability
- ✓ Dress Code
- ✓ Exemplary Service
- ✓ Innovativeness

Nominate Now!

The Employee of the Month (EOM) Programme recognizes one employee within the North-East Regional Health Authority who has displayed exemplary services. This employee would be rates based on their attitude, cooperation and flexibility, dependability, dress code, exemplary service and innovativeness. Nominations for selecting the Employee of the Month can be made by any member of staff.

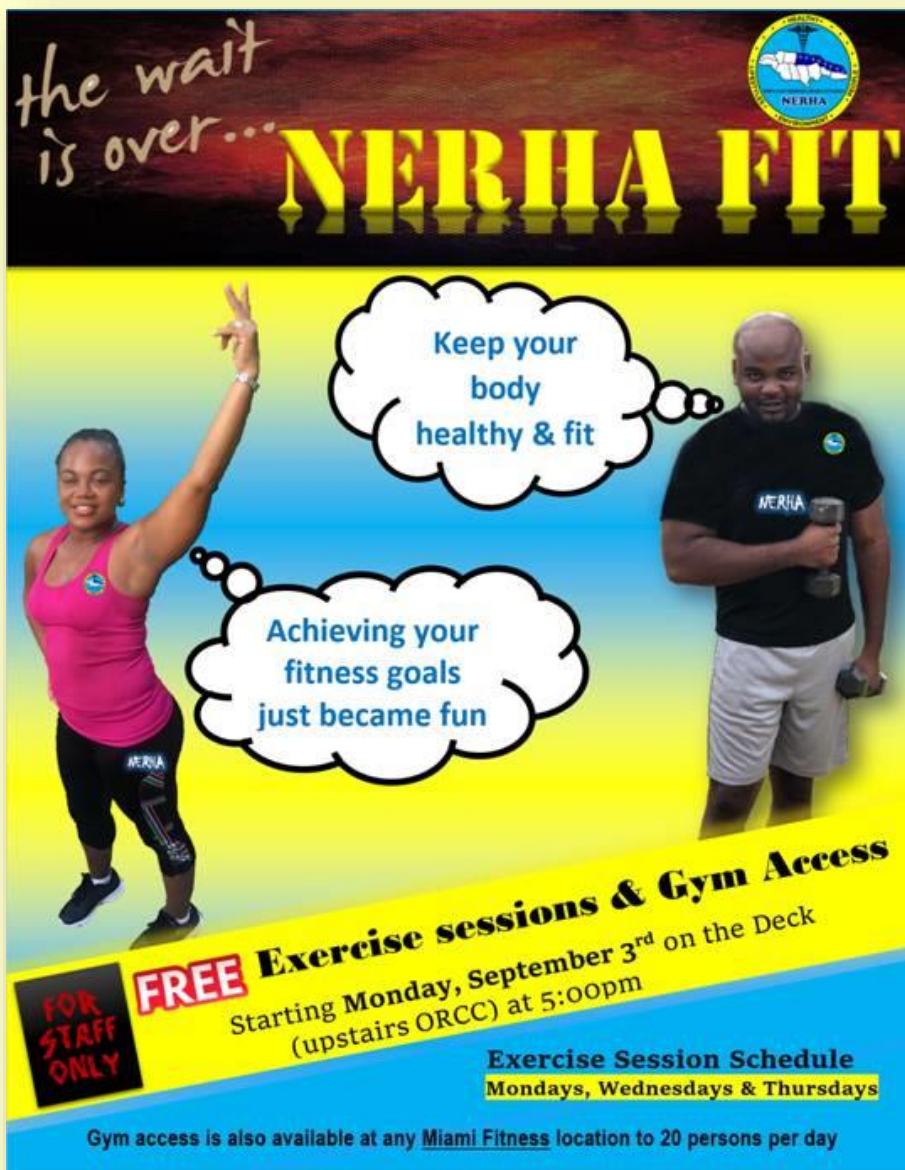
The Nominator is required to complete the nomination form (via link provided) within the stipulated timeframe. After the nomination the period has closed, all nominations are presented to the EOM Committee (comprises of representatives from all departments) for deliberation and a final decision is made.

After selection, the Employee of the month is highlighted via the Intranet, the Star of the Month Notice Board and receives a certificate.

See below for nomination link:

https://drive.google.com/open?id=138_B_PoFkaPoW63dCXsACifEUEfyRHkddNqB1a0YLE

NERHA Fit – Exercise Programme



the wait is over... **NERHA FIT**

Keep your body healthy & fit

Achieving your fitness goals just became fun

FOR STAFF ONLY **FREE Exercise sessions & Gym Access**

Starting Monday, September 3rd on the Deck (upstairs ORCC) at 5:00pm

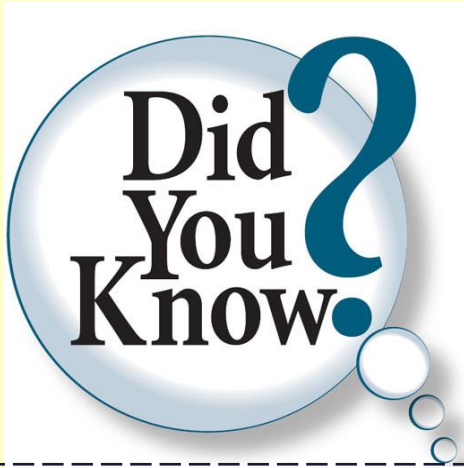
Exercise Session Schedule
Mondays, Wednesdays & Thursdays

Gym access is also available at any Miami Fitness location to 20 persons per day



The NERHA Fit, an initiative geared towards staff to keep their bodies healthy as well as to achieve their set fitness goals. Sessions are conducted on Mondays and Thursdays on the Deck/Roof (ORCC Building) and on Wednesdays at the Miami Fitness Gym, Little Pub Plaza (Island Grill's Location) commencing at 5:30 pm each day.

Tips for taking care of YOU



If you do not move
for 15 minutes, you
will fall asleep

Health & Wellness

**Eat fruits & vegetables
on a regular basis**

They are filled with pre-biotic fiber, vitamins, minerals and many antioxidants. Persons who consume mostly fruits & vegetables have a longer lifespan and lower risk of heart disease, type 2 diabetes, obesity and other illnesses.



Mother: "How was school today, Patrick?"

Patrick: "It was really great mum! Today we made explosives!"

Mother: "Ooh, they do very fancy stuff with you these days. And what will you do at school tomorrow?"

Patrick: "What school?"

A Message from the Editors

By Author Name

In the course of adapting this template to suit your needs, you will see a number of different newsletter elements. The following is a list of many of the elements, accompanied by a brief definition.

Body text. The text of your articles.

Byline. A line of text listing the name of the author of the article.

Caption text. Text that describes a graphic. A caption should be a short but descriptive full sentence.

“Continued from” line. A line of text indicating the page from which an article is continuing.

Date. Either the date of publication or the date you expect the newsletter to be at the height of its circulation.

Graphic. A photograph, piece of art, chart, diagram, or other visual element.

Header. Text at the top of each page indicating the name of the newsletter and the page number.

Headline. The title of an article. A headline needs to be clear in its purpose, brief, and active, and should attract attention by being relevant, inspiring curiosity, or for having some other irresistible quality.

Newsletter title. The title of the newsletter.

Pull quote. A phrase or sentence taken from an article that appears in large letters on the page, often within a box to set it apart from the article.

NERHA IN FOCUS



The Official Newsletter
Date
Volume 1 Issue 1

Contact us

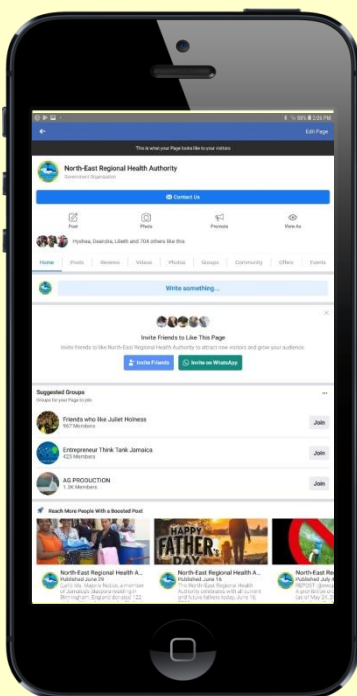
North-East Regional Health Authority

Offices 1, 9, 34 – 38 Ocean Village Shopping Centre
Ocho Rios, St. Ann

Phone: 974-4114; 795-0102

Fax: 795-2747/8521; 974-8684

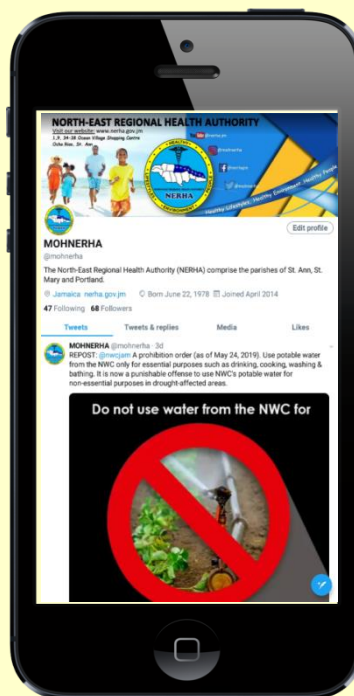
Website: www.nerha.gov.jm



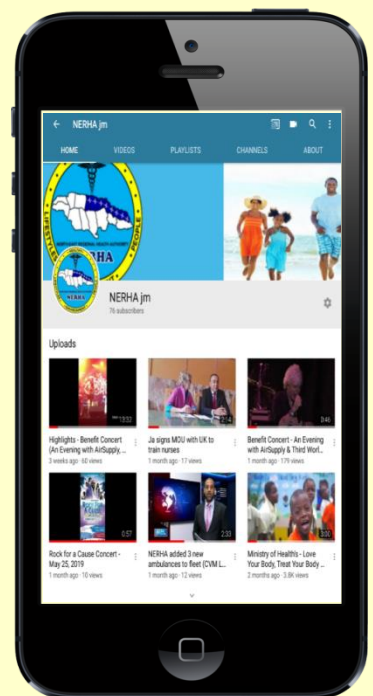
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