

## The Executive Director's Corner

Mona Ageing and Wellness Centre (MAWC) has been actively engaged in mitigating the impact of COVID-19 through the provision of COVID-19 vaccines since March 2021. We have been designated by the Ministry of Health and Wellness as a permanent COVID-19 vaccine site. Our audit of the vaccine administration up to March 31, 2022, reveals that 50,408 doses were administered. We are delighted that as a Centre we are able to contribute to the public health needs of our country.



Prof Denise Eldemire-Shearer,  
Executive Director, MAWC

As we commemorate Healthcare Workers Appreciation Month, we acknowledge the invaluable contribution of our health care professionals in the fight against COVID-19 and also for the care and well-being of persons. Let us not limit our recognition of and appreciation for our health care workers to only July, but let us celebrate them for their tremendous efforts and dedicated resolve on an ongoing basis.

In recognition of Jamaica's 60th Independence we are using the opportunity to celebrate. The United Nations recognizes an individual who is 60 years and over as an older adult. At age 60 Jamaica is technically an 'older adult'. The national theme for our 60th Independence is 'Reigniting a Nation for Greatness'. At MAWC we have decided to put our spin on that theme and so will commemorate our 60th year under the theme 'Reignited for Purpose'. We have a number of special activities planned to commemorate this year including webinars, short courses and community outreach initiatives. We want to encourage you to keep abreast of developments happening at MAWC by reading our newsletter, checking for our ads and updates and also feel free to share your contact details with us so that we can keep you up to date.

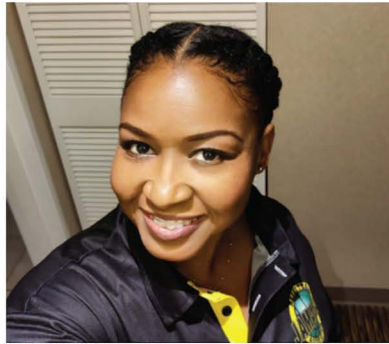
We want to extend best wishes to everyone for an enjoyable summer holidays and the very best for the start of the new academic year.

Prof Denise Eldemire-Shearer  
Executive Director, Mona Ageing and Wellness Centre

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## Professionals in Ageing



**Dr Tanya Edwards**  
Medical Doctor

### 1. Why did you enter the field of ageing?

Most of my patients are older adults and that sparked an interest. I was also raised by my grandmother who played a very influential role in my life. I have always felt comfortable among and interacting with older adults; partly because of the imparted wisdom and stories. The field of ageing is a well-needed area and not many people are interested in this area. There is so much to learn and contribute medically and socially in this area.

**2. How relevant are ageing careers today?** Population ageing is a global phenomenon and many persons are growing older due to the advancements in medicine and other areas; therefore the need for ageing careers is critical. Geriatric caregiving has now become a common field and thus many persons need to be trained and qualified so as to deliver competent services to the aged.

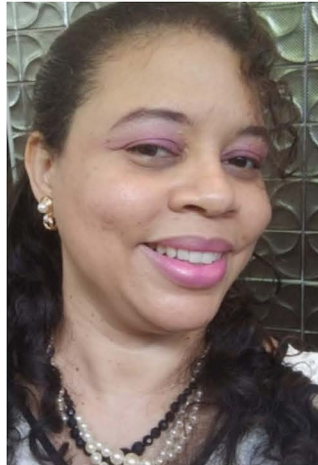
### 3. What do you like most about your job?

I enjoy teaching in the area of geriatrics and gerontology. Also, learning from and interacting with other colleagues in the same area of interest. My job at the MAWC has a national and regional vision of improving the health and wellbeing of older adults, which I fully support.

**4. How has working in the field of ageing impacted you?** It has allowed me to always have an acute awareness of the needs and well-being of older adults, especially in my clinical practice. There can never be a separation between academics and the clinical management of older persons. In fact, the merging of both has enhanced effective health services and delivery.

***Dr Tanya Edwards is a Medical Doctor, a Registered Physiotherapist, and a Lecturer in Gerontology and Geriatric Medicine. She holds a Bachelor of Medicine, Bachelor of Surgery degree (MBBS), a Bachelor of Science in Physical Therapy (BSc) and a Master of Public Health degree in Gerontology (MPH) from the University of the West Indies. She is currently pursuing a Master of Science degree in Geriatrics and Gerontology (MSc.) from the University of Malta.***

## Professionals in Ageing



**Ms. Debbie-Anne Falloon**  
Senior Secretary

### **1. Why did you enter the field of ageing?**

The field of ageing actually chose me. The vacancy arose at a time when I was seeking to upgrade myself professionally and it seemed to be a good fit. It has certainly been one of the best decisions, career-wise, that I have made.

### **2. How relevant are ageing careers today?**

Careers in ageing are highly relevant as the field is expanding, given the rapidly ageing population worldwide.

### **3. What do you like most about your job?**


I enjoy interacting with both staff and students and gain satisfaction from the opportunities that the job has afforded me to provide quality customer service to my internal and external clients. It is also rewarding to make a direct contribution to clinicians and others who are pursuing studies to help improve the lives of older adults.

### **4. How has working in the field of ageing impacted you?**

It has enhanced my awareness of some of the challenges faced by older adults and their caregivers. It has also increased my knowledge of how society has helped to enable them to overcome or cope with such obstacles.

***Ms. Debbie-Anne Falloon is a Senior Secretary. She holds a Bachelor of Science degree in Management Studies, a Diploma in Human Resource Development and a Certificate in Advanced Supervisory Management.***


## Gerontology & Geriatric Programmes



**THE UNIVERSITY OF THE WEST INDIES**  
MONA CAMPUS, JAMAICA, WEST INDIES  
**Faculty of Medical Sciences**  
Mona Ageing & Wellness Centre

invites applications for the

### POSTGRADUATE DIPLOMA IN GERONTOLOGY




**The world is getting older! This brings both challenges and opportunities!**

Our programme is designed to equip students with the knowledge and skills to: 1. explore biological, social, and cultural perspectives of ageing, 2. analyse complex ageing issues, 3. evaluate relevant policies and programmes and 4. provide evidence-based solutions.

<b>ENTRY REQUIREMENTS</b>	<b>DURATION</b>
A Bachelor's degree in medicine, nursing, physiotherapy, social work, sociology or related discipline and current employment in an organisation providing aged-related services.	9 Months
<b>FOR FURTHER INFORMATION</b>	<b>FOR FURTHER INFORMATION</b>
• Telephone: 876 506 9833	• Telephone: 876 506 9833
• Email: <a href="mailto:mawc.prog@uwimona.edu.jm">mawc.prog@uwimona.edu.jm</a>	• Email: <a href="mailto:mawc.prog@uwimona.edu.jm">mawc.prog@uwimona.edu.jm</a>


To apply, please visit <https://www.mona.uwi.edu/postgrad/prospectus>



**THE UNIVERSITY OF THE WEST INDIES**  
MONA CAMPUS, JAMAICA, WEST INDIES  
**Faculty of Medical Sciences**  
Mona Ageing & Wellness Centre

invites applications for the

### POSTGRADUATE DIPLOMA IN GERIATRIC MEDICINE



<b>ENTRY REQUIREMENTS</b>	<b>DURATION</b>
Applicants should be licensed, registered medical practitioners who hold at least primary medical qualifications (i.e. MBBS or equivalent) recognized by the Faculty of Medical Sciences, University of the West Indies and at least two years experience (post SHO) working with elderly patients.	12 - 15 Months
<b>FOR FURTHER INFORMATION</b>	<b>FOR FURTHER INFORMATION</b>
• Telephone: 876 506 9833	• Telephone: 876 506 9833
• Email: <a href="mailto:mawc.prog@uwimona.edu.jm">mawc.prog@uwimona.edu.jm</a>	• Email: <a href="mailto:mawc.prog@uwimona.edu.jm">mawc.prog@uwimona.edu.jm</a>
<b>TO APPLY</b>	<b>TO APPLY</b>
Visit the UWI Mona Postgraduate Website	Visit the UWI Mona Postgraduate Website
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The Mona Ageing and Wellness Centre in collaboration with the Department of Community Health and Psychiatry and the Department of Medicine in the Faculty of Medical Sciences offers the following postgraduate programmes in Gerontology and Geriatrics:

- Postgraduate Diploma in Gerontology
- Postgraduate Diploma in Geriatric Medicine (Medical Doctors only)
- Master of Public Health (Gerontology Track)
- Master of Philosophy in Ageing Studies
- Doctor of Philosophy in Ageing Studies

Contact us via email at [mawc.prog@uwimona.edu.jm](mailto:mawc.prog@uwimona.edu.jm) for further details on our graduate programmes for the 2022/2023 Academic Year.

## Break the Silence ... Let's Talk about Urinary Incontinence (UI)

by Dr Kayon Donaldson-Davis



Have you ever laughed or coughed or even thought about the toilet, and this caused an urgent need to pass urine or an escape of urine!? Urinary incontinence (UI) means a person has leakage of urine at times when they don't intend to. Although this loss of bladder control can occur at any age, it is quite common among older persons, especially older women.

There are different types of UI however, three common types include:

1. Urge incontinence – This is where there is an intense and rapid urge to pass urine followed by leakage. It is usually quite untimely for e.g. when unlocking a door or standing in a line or even while walking to the bathroom! There is usually the need to rush to the toilet.
2. Stress incontinence – This is where leakage of urine occurs with exerting oneself for e.g. during coughing or sneezing or lifting something heavy. Sometimes, the leakage can happen a few seconds after the exerting activity.
3. A mixture of urge and stress incontinence, where symptoms of both occur.

There are some conditions that can worsen incontinence of urine e.g. obesity, diabetes and stroke. There are also some medications that can cause or worsen UI. e.g. diuretics (water tablets). Persons who use alcohol excessively may also experience UI. Not only is this situation embarrassing for the affected person, it can lower self-esteem and prevent persons from participating in their regular, everyday activities (including sex), for fear of having an accident. UI can also cause persons to think negatively about getting older.

Complications can arise from UI such as frequent urinary tract infections and the development of skin sores from excessive exposure of the skin to moisture (urine). Slip and fall accidents are also possible, which can lead to broken bones.

UI can also place a tremendous burden on persons who care for others and result in caregiver stress and increased care costs.

It is important to recognize that UI should never be considered a normal part of ageing. It should always be explored through open conversation between you and your doctor and a thorough physical examination done. It does not always warrant testing before a treatment is recommended. However, there are some “red flags” for serious diseases that require further investigation or urgent referral to a specialist doctor.

In many cases there is specific treatment available or suggestions to reduce the chance of embarrassing situations. It's not normal and it's not your fault! The horizon is hopeful for persons who experience UI, as there are lifestyle changes that can be made to lessen the frequency of urine leakage. These include losing weight (if overweight or obese), lowering the amount of fluid taken in at night, adjusting the timing of medications that cause frequent urination are some of them.

There are also bladder training techniques and exercises that can be taught to you that minimize the frequency of episodes. There are medications that can help too.

**Continued on page 8**



# **First Aid & CPR Training**

**October 3 - 4, 2022**

**Want to finally tick this skill on your  
Personal Development To Do List?**

**Then let us help you. This is your personal invite to our First Aid  
and CPR Training.**

**COST: \$6,500.00**

**TRAINING LOCATION:**

**MONA AGEING AND WELLNESS  
CENTRE, 3 GIBRALTAR CAMP WAY  
THE UNIVERSITY OF THE WEST INDIES**

**For More Information**

**Contact us at: 876-335-2042**

**Email: [mawc@uwimona.edu.jm](mailto:mawc@uwimona.edu.jm)**

## Research Corner



### Severity of lower urinary tract symptoms and quality of life among men 50 years and older at a urology clinic in Jamaica

**Willie-Tyndale, D., Eldemire-Shearer, D., and Aiken, W.D.** (2020). *International Journal on Ageing in Developing Countries*, 5 (2): 146-157. [https://www.inia.org.mt/wp-content/uploads/2021/05/5.2-Full\\_compressed-pdf.pdf2](https://www.inia.org.mt/wp-content/uploads/2021/05/5.2-Full_compressed-pdf.pdf2)

*Keywords:* aged, healthy ageing, lower urinary tract symptoms, quality of life, self-help groups.

#### **Abstract.**

**Objective:** This paper seeks to describe the severity of lower urinary tract symptoms and quantify their effect on quality of life among male urology clinic attendees 50 years and older.

**Method:** Two hundred and ninety-four men were recruited from an out-patient urology clinic and interviewed. The International Prostate Symptom Score was used to measure urinary symptom severity and related quality of life.

**Results:** Symptoms were classified as moderate for 52.2% of the men, mild for 31.6% and severe for 15.8%. It was found that symptom severity increased significantly with age. The odds of impairment in quality of life were 1.94 times higher for men with moderate symptoms (odds ratio 1.94, 95% confidence interval 1.07, 3.51) and 6.34 times higher for those with severe symptoms (odds ratio 6.34, 95% confidence interval 2.43, 16.54) than their counterparts with no/mild symptoms.

**Conclusion:** Lower urinary tract symptoms significantly impair men's quality of life. Research is needed to identify social and emotional support initiatives which can be incorporated in the management of affected persons.

## Movie Review



*This movie review explores managerial issues affecting/impacting on the management of care facilities for older adults.*

In the movie, *The Notebook*, the audience is introduced to the main characters Noah and Allie. Noah and Allie spend a lot of time together in a long-term care facility and he usually reads a romantic story to her. Noah's reading of the story is particularly helpful in reminding Allie of their past life, given that she has dementia. The movie uses flashback technique to introduce us to the characters in their more youthful years. Young Noah, a mill worker admires the lovely Allie, a rich girl. Noah's admiration of Allie is deep and strong surging beyond the tide of social class.

Although Noah wins Allie's affection and they enjoy a passionate summer romance, their relationship is abruptly ended when Allie's mother decided that Noah isn't good enough for her daughter. Allie is sent away to boarding school. Noah responds by writing Allie a letter every day of the year, however his letters go unanswered. Finally after Noah goes to fight in World War II and returns, the two reignite their love. The

**Name of Movie:** The Notebook  
**Written by:** Michael Rossato-Bennett  
**Year of Movie:** 2004  
**Reviewed by:** Tara Woodside-Coakley,  
 Student, MPH Gerontology

reigniting of their love implies that Allie had to break off her engagement to her fiancé to be with Noah.

Two management issues encountered in the movie include: 1). Unsafe Physical Environment (Person-Environment Fit); and 2). Cohabitation of two genders..

1). The use of the dock as one of the locations in which Noah reads to Allie although scenic, is not ideal. Given that there are no rails surrounding the dock or safety signage, it is possible that either Allie or Noah could slip and fall into the water. Additionally, there is no observed supervision by the staff of the facility of Noah and Allie in this environment. Whilst independence is important, the safety and wellbeing of residents in long-term care is paramount.

2). Cohabitation of spouses in the long term care facility is commendable. For many older adults the struggle is real and making the difficult decision to live apart due to care facility placement can be a challenge. By cohabiting with Allie, Noah is able to share in her daily health journey, spend invaluable time together and also remind her of the familiar (both the past and the present).

### Break the Silence ... Let's Talk about Urinary Incontinence (UI)

#### Continued from page 5

Many bladder control products are on the market including liners, pads, disposable underwear, and reusable underwear that can absorb moisture and prevent leaked urine from contacting your clothing, bedding or the floor.

So, talk more about urinary incontinence with your doctor so we can find some solutions and take charge of the quality of your life!



## Partners' Corner

### SMTC CI hosts its first graduation for PCT & PSW Trainees

MAWC has partnered with Strategic Management and Training Consultants Career Institute (SMTC CI) to facilitate the training of Patient Care Technicians (PCT). The programme was officially launched in September 2020 and the first cohort of students commenced classes in October 2020. One year after commencing the programme, fifteen participants have successfully completed their theoretical learning and as at the end of October 2021 were engaged in two practicum placements. SMTC CI also made history as the first institution outside of Canada to offer the National Association of Career Colleges to offer the Canadian licensed Personal Support Worker (PSW) course. A total of 10 participants successfully completed the programme with Canadian Final Exam scores ranging from 77% - 91%. These grades are highly commendable. Some of the students have been gainfully employed in Jamaica while others are awaiting placement in North America.

A joint graduation ceremony was held on June 21, 2022 at the Mona Ageing and Wellness Centre. Below are photos from the ceremony as well as an excerpt from the Valedictory Address delivered by Ms. Chrystal Morrison.



L-R:

- 1). Students preparing to march at the Graduation.
- 2). Prof Denise Eldemire-Shearer extending Opening Remarks.
- 3) Mr Gary Lang, Chief Operating Officer, Heart Institute of the Caribbean extending Greetings.
- 4). Ms Marjorie Sinclair, Director of Nursing, Baywest Wellness Hospital extending Greetings.
- 5). A section of the audience of Family, Friends and Guests.
- 6). Mr. Hanif Smith, Managing Director, SMTC-CI, Master of Ceremony of the Graduation Exercise.
- 7). Miss Chrystal Morrison meeting Dr Dameon Black, Executive Director, Jamaica Tertiary Education Commission
- 8). Dr Julian McKoy-Davis, Lecturer at Mona Ageing and Wellness Centre-presenting special award to Miss Chrystal Morrison, Valedictorian.
- 9). The Graduating Class with Principal Mrs Dinham-Spencer (fourth from left (front)).

## Partners Corner cont'd

### Valedictory Address (Excerpts)



Valedictorian, Ms Chrystal Morrison, PCT Graduate

The Board of Directors of SMTC-CI, Faculty and Staff of the Mona Ageing & Wellness Center, representatives of the National Association of Career Colleges (NACC), SMTC Faculty & Staff, stakeholders, specially invited guests, family, friends, well-wishers, and last but not least, fellow Graduands, good evening.

It is with great humility and exceeding joy that I stand here, this evening. It is truly overwhelming! We are actually done!! Can you believe it? We made it! It is said that life is a journey filled with lessons, hardships, heartaches, joys, celebrations and special moments that ultimately lead us to our destination, our purpose in life, and this evening I want to liken our experiences throughout our PSW & PCT courses to this peregrination we call life.

These programs overall were a great learning experience, and I'm sure we all have assimilated lessons, whether in the classroom or through our many interactions with either our colleagues or SMTC staff and administration. One of the many lessons I learned was one Mrs. Spencer tried to teach from the beginning. She always said, "students, you have to learn to be flexible", and boy did I learn. From simple flexibility such as adjusting to the many different lecturers in Gerontology class, to dealing with last minute changes, to travelling to different parishes for practicum, to even coping with losing a patient. You could probably say I'm an acrobat now.

On the note of practicum, Mrs. Spencer always boasted about the training that the institute provided and I can testify to the fact that we really are a cut above the rest. I'm sure that was evident to us when we were placed in the hospital setting, and I'm also sure that it was made evident to the school, when some of their partners were so pleased that they offered jobs to some of our colleagues.

I am certain I speak for us all when I say it was NOT an easy road; many sacrifices had to be made, there were many sleepless nights, many early morning travels (for those of us who live far), and a lot of blood, sweat and tears. But it was Albert Einstein who said "In the middle of difficulty lies opportunity" and I am sure we are all a testimony of that today.

This opportunity for us to become certified Personal Support Workers and to receive diplomas as Patient Care Technicians came at a time when the world was practically being turned upside down by the COVID-19 pandemic, but that did not deter our school, SMTC CI, along with their partners, from seeing these courses through to the end to ensure that we could be here this evening at such a momentous occasion. I'm sure that just like us, our school faced many challenges, especially in the middle of a pandemic, where many organizations were either falling apart or putting operations on hold. I'm sure there were many roadblocks, many reasons for them to quit or throw in the towel, but they made a promise to train us, and they remained true to their word, and so this evening, we can salute our school.

For more information about SMTC CI courses, contact us by: Phone: 876-978-2276 | 876-978-8523  
 Fax: 876-927-4199  
 WhatsApp: 876-868-6993  
 Email: [theinstitute@smtcworld.com](mailto:theinstitute@smtcworld.com)



### **New Director & Executive Director**

Prof Denise Eldemire-Shearer is the Executive Director of the Mona Ageing and Wellness Centre, while Dr Douladel Willie-Tyndale has been promoted to the position of Director. Dr Willie-Tyndale will support Prof Eldemire oversee the programmatic as well as teaching/learning activities while Prof Eldemire-Shearer will manage the clinical aspects of the organization's mandate.

### **New Team Member**

*March 3, 2022:* We welcomed Dr Praimanand Singh who is on temporary assignment to the MAWC.

### **Bon Voyage Kimberly!**

*May 31, 2022:* The MAWC Family bade Bon Voyage to Dr Kimberly Ashby-Mitchell.

### **Happy 70th Birthday Prof Eldemire-Shearer**

Prof Eldemire-Shearer celebrated her 70th birthday on *June 19, 2022*. The MAWC Team joined in celebrating her with a special luncheon held in honour on Friday June 17, 2022 at Sea Deck in Liguanea.

# Credits

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## About Us

The Mona Ageing and Wellness Centre (MAWC) is a specialized unit in The Office of the Principal of The University of The West Indies, Mona. MAWC's work is focused on four (4) priority areas of Research, Training, Outreach and Policy Influence. Our mission is to improve the health and wellbeing of the older adult population nationally and regionally through novel ageing research, contribution to policy development, training and community outreach. For further information, kindly contact us at:

**Mona Ageing and Wellness Centre, 3 Gibraltar Camp Way, the University of the West Indies, Mona Kingston 7, Jamaica W.I.**



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