

***Pre- Exposure Prophylaxis (PrEP)***

**Pre – Exposure Prophylaxis (or PrEP) is medicine taken to prevent getting HIV. PrEP is highly effective for preventing HIV when taken as prescribed. PrEP reduces the risk of getting HIV from sex by about 95%. PrEP reduces the risk of getting HIV from injection drug use by at least 74%. To qualify for the administration of PrEP, you must have a Negative HIV status. One must also be reminded that it does not prevent pregnancy or other STIs so dual method (use of a condom) is still promoted.**

***Message for the month – May 2024***

Greetings from the Secretariat

As we move into the month of Nursing – International Nurses Day (IND) we continue to give thanks for Nursing and Nurses across the island and in the Diaspora. IND is celebrated on May 12 of each year in honour of the birthday of Florence Nightingale. The theme for IND this year is “Our Nurses. Our Future. The economic power of care.” As postulated by the ICN, the aim is to reshape perceptions and demonstrate how strategic investment in nursing can bring considerable economic and societal benefits. With this in mind I implore you to maintain what is known as the “Growth Mindset.”

GROWTH

M – I can learn from my MISTAKES

I - I can IMPROVE by working hard

N - I will NEVER give up

D - I am DETERMINED to get better

S - SELF REFLECTION will help me succeed

E - I can overcome challenges with EFFORT

T - I can TRAIN my brain

**Always know that you can do it!**



* Int’l Day of the Midwife – May 5, 2024
* Int’l Nurses Day – May 12, 2024
* SERHA Wellness Tour –May 15, 2024
* NOY/NSOY Competition – June 15, 2024
* WRHA Wellness Tour – June 19, 2024
* Summer School – July16-17, 2024
* CNMF – September 2024 –Malta
* NAJ AGM/IC – Oct 10-13, 2024, Jamaica Grande
* CNO Conference – Oct 20-26, 2024 – Guyana
* ICN Conference – Helsinki - 2025

***Did you know?***

***Florence Nightingale***

Born May 12, 1820 in Florence Italy and died on August 13, 1910

in Mayfair London. She was a social reformer statistician and the

founder of Modern Nursing. She is known as the Lady with the

Lamp, organizing the nursing of sick and wounded soldiers during

the Crimean war. Her greatest achievement was to transform

Nursing into a respectable profession for women and in 1860

She established the first professional training school for nurses,

The Nightingale Training School at St Thomas’ Hospital in England.

***Activities***

* ***May 1 – Executive Meeting***
* ***May 2 – Funeral Service for Past President Mrs Ancylin***

***Morgan at St. Paul’s United Church Montego Bay***

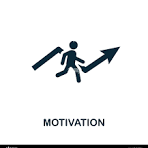
* ***May 5 – International Day of the Midwife***
* ***May 7-9 –College of Health &Allied Development Global***

***Conference: Jamaica Conference Centre***

* ***May 12 – International Nurses Day – Activity at Hilton Hotel, Rosehall***
* ***May 13 - Property Management and Publicity and Public***

***Relations Committee Meetings***

* ***May 15 – SERHA Membership Tour – Grampa Falls***
* ***Trinityville, St. Thomas***
* ***May 16 – Committee Meetings***
* ***May 23-24 – ICN Triad Meeting - Geneva***
* ***May 23 – Labour Day Project, 4 Trevennion Park Road***



***Motivational Corner***

 ***Keep Fighting***

***When you feel like falling down, turn in your eagle mode and fly higher.***

***When you feel tired, turn on your lion mode and roar louder. When you feel like giving up, turn on your beast mode and keep fighting.***

**“UNITED IN SERVICE.”**



**Dawn-Marie Richards**

**May 2024**