Season’s Greetings from the Minister of Health

Christmas is considered to be one of the most joyous times of the year, filled with festivities and gift giving. What a pride it is for us to have the best team of true professionals with a desire to excel, to make a difference in the lives of others, and who dream of a better tomorrow for themselves and their loved ones. Our organization is lucky to have dedicated employees and would like to thank you for your hard work and for your commitment. Let us continue to have the support of one another during the coming New Year. May this Christmas season bring tons of success, good health, and prosperity to your life and that of your families and loved ones. As we celebrate this holiday season, please be mindful of your health and practice safety at all times. I wish you a very merry Christmas and a Happy New Year with all the blessings you deserve. God Bless!

The Ministry would like to recognize and to thank the following individuals and organizations for their generous in-kind donations to the hospital and its patients.

<table>
<thead>
<tr>
<th>Date</th>
<th>Donor</th>
<th>Items Received</th>
</tr>
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<tbody>
<tr>
<td>11/22/2016</td>
<td>VP Elect – Raynold B. Oilouch</td>
<td>2 Turkeys</td>
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<tr>
<td>11/23/2016</td>
<td>Maris Stella School – Kindergarten, 4th Grade, and 6th Grade</td>
<td>Fruits &amp; Veggie Baskets, Thanksgiving cards for Patients, and Singing of Christmas Carols</td>
</tr>
<tr>
<td>12/19/2016</td>
<td>Santo Camillus – Catholic Church</td>
<td>1 Case of Eggs</td>
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A BIG Thank You to the Organizing Committee for the ROP Employee Appreciation Day

Rumor spreads like wildfire but what we hear in town is true! This years’ celebration for all the hardworking government employees was sublime. Many say they’ve never seen so many “yellow” shirts in one location and that they were like “sunshine” that lit up the event. In all the years of attendance in the ROP employee appreciation day, this is the first time a majority of our staff participated. The show of support was heartfelt and the Minister along with the Senior Management Team (SMT) would like to express their gratitude to the organizing committee for its exemplary team spirit and hard work that led to an unforgettable turnout. A very special thank you to all the staff who participated in the activities, those who were there to show support, and most especially to those who were on duty in ensuring that our services remained uninterrupted.
Pediatric Ward’s NEW LOOK

Have you ever wondered why most early childhood programs teach children their colors and shapes early in the year? Why not letters and numbers? Why not cats and dogs? It’s because color and shape are two very noticeable attributes of the world around us. When you look out your window, you may not be saying it … but your mind is noticing and identifying the green trees, brown rectangle buildings, square windows, and blue sky. Color and shape are ways children observe and categorize what they see. These very recognizable characteristics encourage children to define and organize the diverse world around them. Children similarly to adults respond well to colorful objects and physical environment. Leading psychologists suggest that colors can influence mood and behavior, stimulate the brain and body and even affect your little one’s health. Our pediatric ward located at the Medical Wing of the Belau National Hospital has been remodeled and given a colorful pastel theme, making it a more “happy & friendly” environment for our children and we hope that it will make a difference during their admittance. The Ministry of Health and its patients would like to recognize and to thank the Belau Art Gallery for their donation of “tropical” paintings and to Mrs. Sai Nabeyama for her donation of “Cartoon” paintings. Your kindness has transformed the children's wing tremendously!
Medical Internship Training at MOH by FNU Experts a SUCCESS!

On Friday, December 16th 2016, the Palau Medical Education Workshop was concluded at the Professional Development Center (PDC) Office. The training was conducted by skill building experts from the Fiji National University (FNU). Among the esteemed trainers were Dr. Sinead Kado, Dr. Janet Louise Young, and Dr. Linda Phyllis Sweet. Between December 12th through the 16th, nine (9) medical doctors of different specialties and eleven (11) nursing supervisors were trained on teaching skills, competency development in students, the models of learning, how to establish learning needs, action learning cycles, basics of facilitation, feedback model, teaching procedural skills, teaching with patients, microskills teaching, communication skill building, and more. The overall objectives of the training were to describe contemporary theories of learning, identify learning needs and develop relevant learning objectives, plan appropriate learning activities for different learners at various stages of learning, demonstrate effective teaching by using principles of active learning, apply principles of giving effective feedback, and to use reflection to evaluate teaching and enhance learning. Many positive feedback were received by the participants. The Ministry is now a step closer toward the implementation of the Internship Program for 2017 and would like to take this opportunity to thank Dr. Berlin Kafua of the Fiji National University (FNU) for having granted its request for technical assistance and to Dr. Mark A. Durand and the Pacific Island Health Officers Association (PIHOA) for their continued support.

Shin Kong Hospital sends Medical Mission to assist MOH & Palau during Holiday Season

At the request of the Ministry, our long-time friend and ally in medical referral & services, Dr. Sheng-Mou Hou and the Shin Kong Hospital in Taiwan agreed to send two (2) orthopedic surgeons to assist our hospital during the holiday season. Dr. Chen Cheng-Kuang arrived on December 3rd 2016 and departed on December 17th 2016. During his time with us, he provide consultations to seventy-two (72) patients and performed one (1) surgical operation. We received his replacement on December 21st 2016, Dr. Shin Kao-Shang who will be completing the remainder of the mission and will be available for consultations and emergency orthopedic services until December 31st 2016. Dr. Shin is the Chief of the Orthopedic Surgery Department of the Shin Kong Hospital. Between April to June of 2016, the Shin Kong Hospital sent three (3) orthopedic surgeons to provide patient coverage in Palau at which time over two hundred and eighty (280) patients were seen. The Ministry, its patients and the People of Palau recognizes this long and positive friendship between both institutions and would like to extend its gratitude and to wish Dr. Sheng-Mou Hou and Shin Kong Hospital a blessed holiday season and a prosperous new year!
MOH welcomes site-visit from the World Health Organization

The Republic of Palau is a proud member country to the World Health Organization (WHO) in which the Ministry is designated as the Focal Point for the Government. The World Health Organization's goal is to build a better, healthier future for people all over the world. Working through offices in more than 150 countries, WHO staff work side by side with governments and other partners to ensure the highest attainable level of health for all people. In Micronesia, a WHO Country Liaison Office or WHO CLO led by Dr. Eunyoung Ko and her team is situated in the Federated States of Micronesia’s capital of Pohnpei. This office liaises to provide fundamental support and technical assistance to the United States Associated Pacific Islands or USAPIs also known as Northern Micronesia.

On December 3rd 2016, the WHO CLO sent Ms. Jessi Libbing, a Health Systems Coordinator to undertake a site visit to the Ministry and to provide technical assistance from December 5-9, 2016. The main objective of her mission was to assess the current status and progress of the Pacific Open Learning Health Net or POLHN, an online tool that provides learning and continuing professional development opportunities for geographically dispersed and remote health workers in the Pacific. This was Ms. Libbing’s first visit to Palau and she expressed that Palau is doing well in comparison to its counterparts in the Pacific in providing technical assistance to staff enrolled in the online degree program through the Fiji National University (FNU) including those taking self-paced courses. By choosing to enroll, a staff can work full time whilst earning a degree in health which in turn will not only build capacity intellectually but also contribute to elevated incomes. Ms. Libbing encourages the Ministry to keep up the good work and to continue to encourage staff to take advantage of POLHN in the pursuit of higher education. Additionally, while Ms. Libbing was here, she also had the opportunity to meet with various key personnel in regards to many WHO sponsored activities that are currently ongoing. Her well-deserved visit ended with a trip to Peleliu and Angaur Elementary School with the Division of Behavioral Health. The Ministry wishes Ms. Libbing safe travels back to Pohnpei and would like to express its deepest appreciation to the World Health Organization (WHO) for its invaluable support to the island nations. We wish the CLO for Northern Micronesia a blessed Holiday Season!

CONGRATULATIONS to the MOH Employee of the Year!!!

The Ministry of Health would like to congratulate Ms. Theresita Aderiano for being named “MOH Employee of the Year” for 2016. Good deeds does not go unnoticed! Ms. Aderiano has been working as a registered nurse for the last twenty-nine (29) years and is now in the supervisory level. With almost three decades of dedication, devotion, and service, she continues to show much enthusiasm and interest in working with mothers and children. Ms. Aderiano works under the Family Health Unit in providing family planning services at the Central Community Health Center (CCHC). During an interview she stated that “there is no greater cause in life than making a difference in the lives of others” and that faith in Christianity is what motivated her to truly embrace her calling to become a nurse. “God sacrificed his only Son for us all and I believe that in his teachings, he reminds us that in life we have to give the same unselfish love to others and to show them light where there is none”. In her earlier years, she received her education at the College of Micronesia then pursued an opportunity abroad in the State of California in the Nurse Practitioner Program where she completed and underwent a lengthy local training upon her return to Palau at the McDonald Memorial Hospital (now Belau National Hospital). Ms. Aderiano is from both Peleliu and Ngaraard states. She revealed that as a child she always admired nurses. “Seeing them in their white gowns and how softly they spoke to patients made me very happy and in a way sort of reminded me of Angels. It made me want to be exactly like that….to wear that uniform and to talk to patients and giving them comfort to help them get better”. Her philosophy in nursing is simply that to be a nurse, you have to have empathy toward the life of another; to be able to understand and to share the feelings of another. She hopes that more students decide to pursue careers in nursing.
The Ministry of Health is thankful for all of its employees, especially those who go above and beyond the call of duty. This month we would like to recognize five employees that rise to the occasion on a regular basis.

**Mariah Okada – Administrative Officer II**

Mariah Okada has worked for the Ministry of Health for almost two years as an administrative officer in the Human Resource Development Office. The aspect of her job she loves the most is her awesome team. They have fun and when it comes down to getting the job done, they always work together to accomplish the goal at hand. This was true, just recently, when they worked together to coordinate MOH tasks for the All Government Employee Luncheon. Raised in Guam, her family is from Aimeliik and Peleliu.

**Alynda Masayuki, LPN. – Licensed Practical Nurse**

Alynda Masayuki has worked as a nurse for the Ministry of Health for the last 18 years. She is a clinical nurse in the Surgical Ward. Currently, a licensed practical nurse (LPN), she is working toward achieving her Registered Nurse (RN) certification at Palau Community College. From Ngatpang, Alynda was inspired to become a nurse after one of her aunt’s encouraged her to apply for the Allied Health Nursing Training Program back in the 90s. Since then, she has enjoyed her career and encourages others to consider the profession. “There are too few Palauan nurses and there is a good feeling when you care for patients,” she said.

**Kimberly Idip, RN. – ER Nurse Supervisor**

Kimberly Idip is an Emergency Room RN and supervisor who has served Belau National Hospital since 2002. Kimberly considers nursing a very rewarding profession, not for the money, but for the opportunity to help others. “Helping a patient get better, seeing them go home after being very sick - that’s the best feeling.” she says. From Ngaraard, Kimberly was inspired to go into nursing after participating in a hospital volunteer program from 1991-1995. After that, she received her licensed vocational nursing certification at Navarro College. Later, she received BA in Public Health Nursing in the local program through MOH, PCC and Fiji National University.
Loretta Philip, RN. – OB Ward Nurse Supervisor

Loretta Philip received her RN certification at the Community College of Micronesia School of Nursing. Hailing from Melkeok, Loretta remembers being a child and admiring her aunties as they got ready for their shifts as nurses at the hospital - they wore white caps and white dresses. Even though she now wears blue scrubs instead of white, she enjoys her job as an OB nurse - working with patients, teaching new mothers how to take care of their babies, and encouraging them to breastfeed. Nursing gives her a strong sense of satisfaction. Loretta thinks back to when she wanted to be an accountant. After 28 years of being at BNH, she wouldn't change her profession for the world.

Deborah Mesubed, LPN. – Licensed Practical Nurse

Deborah, from Koror, has served BNH since 1995. She currently works in the Family Health Unit where she loves working in the Well Baby Clinic - teaching babies, assisting with prenatal care, family planning and more. She was inspired to become a nurse after her aunt encouraged her to apply for an 18 month nursing program in Palau. Deborah is currently in the RN program at PCC. For those interested in becoming a nurse, she encourages them to lead by example by eating healthy food, working on their reading skills and staying away from betel nut.
Welcome BACK, Dr. Ada Moadsiri - - WHO concludes 2nd Phase of Graphic Health Warning Activity in Palau!

In December of 2015 and at the request of the Prevention Unit of the Division of Behavioral Health, the WHO sent a mission to provide technical assistance for the Ministry on Graphic Health Warning and Tobacco Packaging/Labeling. With Palau being the first in Micronesia to ratify the World Health Organization’s Framework Convention for Tobacco Control (WHO-FTC), one of its major commitment is looking into implementing changes with how tobacco are being promoted locally and a means to a more effective awareness of the dangers of its use. Changing how they are labeled and integrating graphic health warnings to the packaging has proven effective in the reduction of consumers in other countries. On December 5th 2016, Dr. Ada Moadsiri returned to Palau to provide technical assistance and to continue the 2nd phase of the project with the Prevention Unit. Dr. Moadsiri had the opportunity to work with key stakeholders in health, Director John Tarkong, Jr. of the Bureau of Customs and Border Protection, Acting Director Gloria Oiph of the Bureau of Revenue and Taxation, and Assistant Attorney General Poseci Lalabalavu regarding Tobacco Laws and Regulations and that of the roles of each agencies. In addition, Dr. Moadsiri and Prevention Unit had the opportunity to conduct a follow up “Focus Group” on tobacco packaging/labeling and graphic health warnings. In the focus group were 32 adult tobacco users and non-users of whom provided very positive feedback toward the importance of this project and its goal to reducing exposure of children to tobacco products and its use. The week ended with visits to the outlying states of Peleliu and Angaur and its schools. The Ministry commends the Prevention Unit for their hard work and offers its gratitude to Dr. Ada Moadsiri for her expertise and to the World Health Organization (WHO) for providing the assistance. We look forward to solidifying these efforts. (final report of this mission and the outcome of the focus group will be made available once the Prevention Unit finalizes them)