In an effort to promote health in all places, the Ministry of Health (MOH) partnered with The Palau National Olympics Committee (PNOC) to promote healthy lifestyles and emergency preparedness in the 2015 Belau Games. During a brief ceremony at the Belau National Hospital on Friday, June 17, Minister of Health Greg Ngirmang presented a $9k check to PNOC President, Frank Kyota, to assist with the games. In return, PNOC will recruit 300 volunteers among athletes and games personnel to serve as community volunteers during national disasters and emergencies. Training meetings will be conducted with the volunteers to orient them on their roles and responsibilities during declared national emergencies as well as inform them of essential preventive health messages. In addition to the recruitment of health volunteers, PNOC will also allow MOH to disseminate health messages to athletes and spectators throughout the games. Healthy eating, physical activity, tobacco and alcohol abuse prevention are among the health topics to be promoted.

MOH PARTNERS WITH PNOC FOR HEALTHY BELAU

The FIT KIT program is designed to help us reduce the threat of those diseases by systematically making small, lasting changes in our lives for the overall health benefit of our community, by working with people individually and helping them to set standards for their families. Anyone interested can call Behavioral Health #488-4495 to sign up for free.

On Friday, May 29, seventeen (17) MoH senior nurses graduated at the 52nd PCC Commencement Ceremony with a Bachelor of Public Health Nursing degree from Fiji National University. The graduates are as follows: Audrey Amalei, Lorraine Beketaut, Belinda Eungel, Donna Gibbons, Kimberly Idip, Flora Kintaro, Mesilai Madhik, Stephen Masaichi, Rosemina Mechol, Juliana Ngirangas, Marciana Ngirailemesang, Rita Olkeril, Loretta Philip, Rumi Roklai, Amos Solomon, Ruffina Takashi, Fabiana Yarnoral.

WHO Funds ICD10 Training Course for the Ministry of Health

The World Health Organization recently funded an ICD-10 training for staff from the Ministry of Health. The ICD-10 is the 10th revision of the International Statistical Classification of Diseases and Related Health Problems (ICD), a medical categorization system created by the WHO. The ICD10 system provides a medical coding structure that hospitals and medical healthcare systems use to classify diseases, signs and symptoms, abnormal findings, complaints, social circumstances, and external causes of injury or diseases. Dr. Tess Canoy conducted the one week training. The workshop was held from May 11-15, 2015.

The training included staff from the MOH’s medical records, finance, and public health. The training greatly improved the ability of MOH staff to effectively code medical records and finance systems for health.
Atkins, The South beach diet, Insanity, P90X, etc. With all the different diet fads that have flooded the market, how do we know which one would work best for us? How do we decide from the number of available programs which one would best suit our needs?

Can we commit to the extremities these diets ask of us? Yes, of course we can and we can do very well to take advantage of these proven programs, but, not only does it take serious commitment to drastic change in diet and vigorous physical activity, these diets and at-home workout programs also cost money; a lot of it, and besides, is dieting and exercise really the best answer for us to get healthier?

Absolutely. There is no question about it. Although, there is no need to spend so much on these fitness programs unless you’re prepared to make a permanent change in your lifestyle. If every morning we go running at the track & field or on the causeways but in the evenings we eat our fish with a generous amount of mayonnaise and soy sauce, how much progress are we actually making in our goals to being healthy?

If there was only a program that not only helped us shed our weight but also brought us to have a healthy diet and have a healthy lifestyle. If every morning we go running at the track & field and every evening we eat our fish with a generous amount of mayonnaise and soy sauce, how much progress are we actually making in our goals to being healthy?

The goal of universal health coverage is to ensure that all people obtain the health services they need without suffering financial hardship when paying for them. Such a system requires a strong, efficient, well-run health system; a system for financing health services; access to essential medicines and technologies; a sufficient capacity of well-trained, motivated health workers. The goal of universal health coverage is to ensure that all people obtain the health services they need without suffering financial hardship when paying for them. Such a system requires a strong, efficient, well-run health system; a system for financing health services; access to essential medicines and technologies; a sufficient capacity of well-trained, motivated health workers.

Nurses Complete Bachelors Of Public Health Nursing continued from pg.1

The Bachelor of Public Health Nursing degree is offered by Fiji National University in response to an identified need across the Pacific Islands to develop and strengthen the capacity of the existing healthcare workforce. This Bachelor program specifically targets nurses who have already graduated with Diploma or Associate Degree qualifications from local colleges and educational institutions. This is part of the new career structure and improvement pathway for nurses within the Ministry.

The Bachelor of Public Health Nursing program in Palau was made possible through the establishment of a tri-partite agreement between Palau Community College, Ministry of Health and Fiji National University in 2012. There have been many key people involved in the initial establishment of the program including the Minister Greg Ngirmang, previous Minister Dr Stevenson Kuartei, Dr Gregory Dever, Dr Patrick Telili and Doctor Robert Ramarai of PCC, previous Chief Nurse Josephina Tiobebe, Pearl Marumoto, Chief Nurse Antonette Merer, Director of Nursing, Jennifer Anastasi and the MoH HR staff.

Grateful thanks are extended to the FNU lecturers who travelled to Palau to teach classes on-island including Mrs Iloi Rubaka, Mrs Russell Taueki, Mrs Torika Naisau, Mr Kavekini Neidiri and former MoH nurse Ms Megan Marx, and also to Dr Ian Rouse, Dean of FNU College of Medicine, Nursing and Health for his continued support. Without the assistance from these many people, and the ongoing support of the Ministry, the entire nursing staff and senior nursing management, the outcomes of this program would not have been achieved.

Most importantly was the dedication of the nurses themselves to their study and they are congratulated for that, many attending classes in the day and working full-shifts at the BNH in the evenings. Balancing work, study and family commitments is a huge challenge that they were able to meet.

In recognition of this amazing achievement, the nursing colleagues of the graduates hosted a special event for them at Rip-Tide on Friday night to celebrate their success. It was a great and well-deserved party.

WHO Funds ICD10 Training Course for the Ministry of Health continued from pg.1

Certificates were distributed to all the participants and a group photo was taken with Dr. Canoy. In commemoration of the successful training an appreciation dinner was held for Dr. Canoy who did a wonderful job in conducting the workshop.

The event was concluded with a group photo with the His Excellency, Tommy Remengesau Jr., the President of the Republic of Palau who also expressed his appreciation to the participants for all their hard work during the training, and the good work they do for all our patients. The MoH would like to thank the President for his support and express our appreciation for taking time out of his busy schedule to take a photo with the participants.