For the Holidays...

- We should always keep in mind proper hand washing with soap and water. 20 seconds of proper hand washing can reduce the risk of food borne illnesses and other infections.
- Also keep proper food handling and safety in mind to prevent food poisoning and spread of infections.
- As there will be many celebrations throughout the holiday season, we should always remember not to drink and drive and to designate a driver instead.
- Let’s keep in mind nutrition and healthy eating throughout the holiday season. Remember to have at least 5 servings of fruits and veggies daily.

Family Health Unit thanks its partners

How do you measure “health”? Individually, it’s probably as simple as knowing there is something wrong with your body, i.e. an ache, fever, fatigue, nausea, dizziness, and/or a combination of symptoms. Sometimes a brief visit to a doctor to determine its cause might be necessary. In essence, you recognize a problem and collect the data. You then seek solutions to the problem such as better sleeping patterns, healthier snacking/meals, exercise and, in some cases, medication. “Health” in the broader sense is, in many respects, basically the same: collect data, analyze, seek solutions, implement, evaluate, and then back to collecting data.

For years, the Family Health Unit of the Bureau of Public Health has held Annual School Screenings throughout the Republic gathering information about our children’s health and wellbeing. Findings include indicators that have triggered alarms as our children are at higher risk for many NCDs, including hypertension and diabetes, due to poor diets and physical inactivity. The reports generated from these data then inform policies within specific schools and/or the Ministry of Education. The “water-only” policy at many of our schools is a great example of the benefits of these screenings. These screenings also include psycho-social assessment, immunization updates, auditory and dental checks. Vaccinations for the Human Papillomavirus (HPV- certain types of which are known to cause cervical cancer) are also made available to girls in the 5th and 11th grades, with parental consent. As you can imagine, an entire team is mobilized to all schools to screen, test, and collect data.

As we approach Thanksgiving Day, the Family Health Unit would like to extend its deepest appreciation and gratitude to the Adolescent Health Collaborative Team with members spanning the entire Ministry including all three Bureaus - Public Health, Hospital & Clinical and the newly minted Bureau of Nursing. The Unit expresses its thanks to the School Health Team, counselors, auditory techs, dental hygienists, nurses and doctors who have joined us over the years and who continue to support the Collaborative. We admire and appreciate your service and dedication.

A special Thanksgiving wish to our partners: the Ministry of Education, the Principals’ Association, and many of the dedicated staff of the Ministry. We extend our thanks to the School Health Team, counselors, auditory techs, dental hygienists, nurses and doctors who have joined us over the years and who continue to support the Collaborative. We admire and appreciate your service and dedication.

Thank you from MOH

This year as we celebrate Thanksgiving with our family and friends, with good food, good cheer and good times, I would like to take this special opportunity to “Give Thanks” to many dedicated staff of the Ministry. Our Nurses, Doctors, staff from our Pharmacy, Radiology, Rehabilitation, Laboratory, Administration, and Public Health for all your hard work and commitment.

Many times you do not get the credit you deserve, nor do you receive enough praise on the positive impact you have on our patients, our community and our people. You work to the best of your abilities despite criticism, long working hours around the clock, on holidays, on weekends, and during natural disasters. Often times, you do this without compensation while sacrificing your time away from your families and loved ones. I would like to express our deep appreciation to your families for their support so that you can continue to do the good work you do for all of us.

Many times, I am visited by foreign dignitaries and experts from the World Health Organization who often remark that Palau has one of the best hospitals and Public Health programs in the Pacific; whose quality and level of health services are comparable to developed countries despite our small size and limited resources. This is a testament to the good work you all do.

I would like to also take this opportunity to thank our patients, community organizations, donors, partner agencies, faith based and non-profit organizations for their support for the Ministry.

And as the Minister of Health, I am honored and blessed to work with all of you here at the Ministry of Health. You truly make a difference in the lives of so many people in Palau.

I wish you, and your loved ones, a Happy, Safe and Enjoyable Thanksgiving.

Gregorio Ngirmang

HOLIDAY HOURS NOTICE

The Ministry of Health is informing the public that all non-essential clinics and services including the Out Patient Department (OPD) will be closed during the upcoming Christmas and New Year holidays. Only the Emergency Room and other essential services will remain available.

For more information regarding services at the Belau National Hospital, contact the MOH Administration at 488-2552/2553. For information about scheduled clinics and services at the Community Health Centers, contact the main CHC office at 488-4804/4805 during regular office hours.

The Ministry of Health thanks the public for their understanding apologizes for any inconvenience.
Israel Donates Medicine to MOH

The Ministry received donations of medicine from the Government and people of Israel. During the recent rise in cases of conjunctivitis in Palau and shortage of medicine, the Israeli government responded by immediately providing over five hundred vials of Antiviral Eye Drops and three thousand tablets of antibiotics.

In addition, a few months earlier, Israeli government also provided over $6,000 worth of diabetes supplies to the people of Palau. These donations were made possible through the kind support of His Excellency, Michael Ronen, Israeli Ambassador to Palau. Ambassador Ronen is a good friend to the Ministry who has provided grants for Childhood Obesity Prevention Programs, medical equipment, medicines and medical exchange programs. The donation of medicines and support from Israel were facilitated through the kind support of Mrs. Tova Harel-Bornovski, local business woman and citizen from Israel residing in Palau, and Mr. Alan Seid, the Honorary Consul of Israel to Palau. According to Mrs. Harel-Bornovski, who presented the medicines to the hospital, she also stated that the Israeli government is planning on providing further grant assistance for essential medical equipment for the hospital this year.

Greg Ngirmang, Minister of Health stated: “On behalf of the Ministry, our staff and patients, I would like to take this opportunity to express our appreciation to Israeli government for making such a timely and generous donation to the Belau National Hospital. You are a true friend of the people of Palau, the Philippines, and Fiji. They are: Eric Kapitbahay, Greyciel Filoteo, Imee Delos Santos, Jeffrey Naguit, Lavenia Turaga, Nirmala Kumar, Timaina Bolanasi, Latricia Skwo, and Erminia Ierago.

Along with the newly hired nurses, the MOH also welcomes on board 4 additional new employees. The new employees are Jina Kangchi (HR Office Administrative Assistant), Natalie Nakamura (ICH Budget Officer), Jae Gibson (ICH Medical Records Technician), and Theophina Ngirakile(CHC Housekeeper). Another new employee is Ms. Tmong Udui who will be an Epidemiologist working at the Bureau of Public Health.

Komtil Ngirmang is also the new REACH/CHIP Project Assistant at the NCD Unit. REACH is an acronym that stands for Racial and Ethnic Approaches to Community Health and CHIP stands for Community Health Interventions Project.

MOH Employee of the Year and 4th Quarter Employees

Congratulations to Mr. Jowie Moses from the Bureau of Hospital & Clinical; Jowie Moses - Bureau of Public Health; Fabiana Yarofral - Bureau of Nursing; and Bernadette Perez - Office Health Administration & Support Services. Also a special recognition to the other nominees of the 4th quarter: Olivier Delbirt - Community Health Centers; Madeline Masaharu - Bureau of Nursing; and Maloreen Renguul - Health Planning, Preparedness, Policy & Research.