



Thank you to Tobias Aguon and family for their recent donation of chicken and rice to the Belau National hospital on Nov. 14. (L-R) Cindy Fritz, Valyn Aguon, Rufino Aguon, Stanley Santos, Alaric Aguon, Minister Greg Ngirmang.

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 the Teachers and Staff of all the Public/Private Schools who welcome us into their schools every year. And finally, to the parents who recognize the importance of these screenings by signing their consent which allows their child(en) to be screened, we extend our thanks. To all, we wish you and yours a very Happy Thanksgiving.



pulse

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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 the 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



A big thank you to the Maris Stella School 6th graders, teachers and parents for their generous donation of fruits and vegetables given for patients on Wednesday, Nov. 26 at the Belau National Hospital.

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.

Thank you to our Donors

Each year the Ministry of Health is blessed to receive all kinds of donations from various non-government organizations, businesses, foreign missions, cheldebechel and individuals.

These donations vary in kind from monetary donations to food and linen, medicine and other supplies.

We take this opportunity to thank the following for their donations to the Ministry of Health over the past two years. Because of your generosity we are able to provide our patients and clients better services and medical care. Thank you!

- Linda Tellames
- Tobias Aguon and Family
- Ngara Yaml
- Esisebangiau (Airai women's group)
- Topside Service Station
- Ngara Maiberel
- Class of 1993 from Mindszenty, Emmaus & Xavier High Schools
- Santo Camillus (Catholic church group)
- West Plaza Hotels
- Sea Passion Hotel
- Papago Hotel
- Maris Stella School
- Palau Pacific Resort
- Red Cross Society
- Toshiyuki Nishio – Nara City Fire East Station (Japan)
- Surangel & Sons
- Kumangai Bakery
- Bilung Gloria Salii
- Meluat Meluat
- Seventh Day Adventists



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Israsel 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 Palaul, 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 Ambassador Ronen, and the people and government of Israel for making such a timely and generous donation to the Belau National Hospital. You are a true friend of Palau, and we thank you for your continued support to Palau throughout the years."

He added: "I would also like to thank Mrs. Harel-Bornovski and Mr. Seid for facilitating the donation of these much needed medicines."

MOH Employee of the Year and 4th Quarter Employees



Congratulations to Mr. Jowie Moses from the Bureau of Public Health for winning this year's Ministry of Health Employee of the Year award. He was presented award and prizes at the end-of-year government employees' appreciation luncheon held at the Palau National Gym on Friday, November 28, 2014.

Congratulations as well to the following MOH employees of the 4th quarter: John Mark Olkeriil - 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: Oliver Delbirt - Community Health Centers; Madeline Masaharu - Bureau of Nursing; and Maloreen Renguul - Health Planning, Preparedness, Policy & Research.

MOH Welcomes New Employees



This financial year, additional funding was allocated to the MOH by the National Congress with the specific goal to improve staffing levels within the Bureau of Nursing. The Ministry successfully recruited a combination of newly graduated nurses from the Palau Community College, and experienced nurses.

Nurse are often described as the backbone of any health care services and their knowledge, skills, work and commitment form the basis of patient care. Research has shown that having higher nurse to patient ratios, and improving the skills and qualifications of nursing staff improves patient outcomes. With this in mind, the Ministry has worked hard in the last 18 months in a collaborative effort to: Increase nursing salaries, to aid recruitment and retention; Successfully advocate for additional funding to improve nurse to patient ratios; and Support existing nurses to engaged in training to enhance their qualifications.

MOH has managed to recruit and employ 9 nurses from Palau, the Philippines, and Fiji. They are: Eric Kapitbahay, Greyciel Filoteo, Imee Delos Santos, Jeffrey Naguit, Lavenia Turaga, Nirmala Kumar, Timaima Bolanasui, Latricia Skiwo, and Erminia Ierago.

Along with the newly hired nurses, the MOH also welcomes on board 4 additional new employees. The new employees are Jina Kangich (HR Office Administrative Assistant), Natalie Nakamura (CHC Budget Officer), Fae Gibson (CHC Medical Records Technician), and Theophina Ngiraklei(CHC Housekeeper). Another new employee is Ms. Tmng 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.