

BNH Security Officers Deputized



(L-R) BNH Security Officers Stanley Santos, Fritz Rubasch, Kayleen Beluong standing with Police Officer Kyota, BPS Director Aguon, MOH Minister Ngirmang and Vice President Bells after being deputized on Sept. 5, 2014.

MOH CALENDAR

October

- OCT 1 Independence Day
NCD Screening &
Health Info. Booth @
Ngerulmud
- OCT 7 & 8 NCD Multi-sectoral
stakeholders meeting
- OCT 13-17 Urology Specialist
@ OPD (call 488-2555)

November

- NOV 18 7th Public Health
Convention

December

- DEC 1 World AIDS Day

Shin Kong Medical Team Visits BNH

The 2014 Medical Team from the Republic of China, Taiwan Shin Kong Hospital under the "Taiwan Medical Program (TMP)," sponsored by the ROC government, recently concluded its visit to the Republic of Palau providing free medical service to the people of Palau. This year, the medical team focused on three medical specialty areas such as Cardiology (Heart Disease), Pulmonology (Respiratory Illness), Nephrology (Kidney Disease), and Nutrition.

The team members were Dr. Shiow-Wen Liou, Dr. Lung-Ching Chen, Cardiologist, Dr. Chun-Yu Lai, Pulmonologist, Dr. Ming-Hsien Tsai, Nephrologists, Ms. Shu-Fen Liao, Chief of Nutrition Department and Ms. Ya-Hui Tseng, Head Nurse. The delegation was led by Dr. Sheng-Mou Hou, Superintendent of Shin Kong Hospital.

The medical team saw over a hundred patients, provided training for medical staff, and worked together with the Ministry's senior management team to enhance local capacity

for patient care and improve the medical referral program between the Belau National Hospital and Shin Kong Hospital.

Mr. Gregorio Ngirmang, the Minister of Health stated, "I would like to express our appreciation to Dr. Shen-Mou Hou, and his delegation for the wonderful work they have provided to many of our patients in Palau."

He continued: "Since we have successfully begun to send medical referral patients to Shin Kong Hospital for medical treatment, we have saved the government thousands of dollars but more importantly we have made a difference in the lives of so many of our patients. The Ministry of Health takes the opportunity to thank Her Excellency, Extraordinary & Plenipotentiary, Maggie Tien, Ambassador to the Republic of Palau, and the people and government of the Republic of China, Taiwan for funding this important program and their continued support for health care of the people of Palau."



MINISTRY OF HEALTH



pulse

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CT Scan Equipment Improved

Much needed improvements have been implemented for the CT scan equipment at the Belau National Hospital. Work on the system's power supply began in July to stabilize power to both the CT scan and wall-mounted X-ray equipment in the Radiology Department.

"With the completion of the CT scan repairs along with the X-ray unit, both can now benefit from the Uninterruptable Power Supply (UPS) system to condition electrical anomalies and prevent sudden power loss," says Bio-Med Equipment Specialist Alben Adelbai, who further explained that both units had to be turned off during rainy and windy conditions in the past due to the high risk of power outage.

Since July, errors within the CT scan have been corrected and other critical parts including a new power module have been installed to allow the equipment to function efficiently even in the event of an island-wide power loss and while running on backup generators.

"The CT scan is the most expensive medical equipment in the Belau National Hospital and the new UPS power system is one of the most important improvements to the hospital," says Adelbai.

The Computerized Tomography (CT) Scan is used globally to supplement x-ray and medical ultrasonography not only in the diagnosis and treatment of injuries and other medical conditions but is also used for preventive medicine and screening.



Bio-Med Equipment Specialist Alben Adelbai demonstrates the use and capabilities of the CT Scan machine.

Did you know...

- ★ Proper hand washing with soap and water for 20 seconds can reduce the risk of food borne illnesses and other infections?
- ★ 30 minutes of moderate intensity physical activity everyday is recommended for people of all ages?
- ★ Our recommended daily intake of salt is less than 2,000mg of sodium, which equals to about 1 teaspoon?
- ★ We should aim for 5 or more servings of fruits and vegetables everyday?
- ★ That you can be better prepared for emergencies by having a family disaster kit?

IMPORTANT NOTICE:

The Ministry of Health is informing the public that commencing in October 2014, parking tickets will be issued to drivers who park in "No Parking" zones and reserved handicapped parking without authorization at the Belau National Hospital. For more information contact the Belau National Hospital Administrator at 488-2552, ext. 261.

A message from the Minister



Greetings! This is the inaugural issue of the "Pulse", Ministry of Health's newsletter, whose purpose is to share the good work that the hard-working men and women of the Ministry do every day for the health of our nation. The newsletter is an important tool that will provide direct communication to the public, strengthen our relationships with our partners, facilitate dialogue with our patients, and raise awareness on our public health initiatives.

The Pulse shall have a strong and clear voice, our voice, to articulate our strengths and weaknesses and find opportunities to work together to better our communities.

Today, Palauans face tremendous health challenges due to Non-Communicable Diseases (NCDs), as we see how they affect our health systems, and our communities. In response to this crisis, the Ministry of Health consolidates its resources, and with leadership and support from the Office of the President, collaborates with other Ministries and partners to combat this threat to the health of our nation, because we cannot do this alone; it can only be done with the "whole of society, the whole of government". We need all individuals, families, clans, traditional and government leaders, schools, churches, businesses, civil society and government agencies because health is everyone's responsibility.

This newsletter is the first step in our advocacy campaign for health, and we will use it with other tools including social media, online interactive website, radio talk shows, a public health channel, and other forms of media to maintain communication with you.

We want to take health to where it belongs, not just in our hospital, nor our clinics or our wards but where we need it most - our OEC chambers, our classrooms, our offices, our churches, our homes - where we live, play, work and pray.

Thank you for reading our Newsletter and we look forward to working with you as a valuable partner for health.

Gregorio Ngirmang



MOH Pulse is published bi-monthly by the Community Advocacy Program through funding support by the US Centers for Disease Control & Prevention (CDC).

For more information or comments regarding articles, email to news@palauhealth.org or visit our website at www.palauhealth.org. Also, like us on facebook at www.facebook.com/MOHPalau.

KNOW THE MOH



The Ministry of Health (MOH) is the only government entity in the Republic of Palau that provides healthcare services to the people in Palau.

The MOH vision statement is "Healthy communities with access to high quality healthcare services", while its purpose is "To provide quality, comprehensive, evidence based, accessible healthcare services to our patients and community."

MOH is under the leadership of Minister Gregorio Ngirmang and is comprised of the Bureau of Hospital & Clinical Services, the Bureau of Public Health Services, the Bureau of Nursing and the Office of Health Administration & Support Services. The Belau National Hospital (BNH) is currently Palau's only hospital that opened in 1993, through funding from the U.S. Department of Interior.

The MOH currently employs 432 healthcare professionals including 26 physicians, 3 dentists and 101 nurses working for the Ministry, providing both hospital-based and community-based services for residents and visitors to Palau.

The MOH provides comprehensive primary, secondary and limited tertiary curative care services and preventive care through its three bureaus - Bureau of Hospital & Clinical Services, the Bureau of Public Health and the Bureau of Nursing. Along with the three bureaus is the Office of Health Administration & Support Services, which provides support for the entire Ministry.

The Bureau of Public Health provides primary curative and preventive care through the Public Health Clinic in Koror and the numerous Community Health Centers throughout Palau's outlying states, while the Bureau of Hospital & Clinical Services provides limited tertiary curative care through Belau National Hospital. The Bureau of Nursing provides nursing care for both BNH and the Community Health Centers.

MOH also has ongoing medical referral relationships with select hospitals in Taiwan and the Philippines and also participates in the Tripler Army Medical Center's Pacific Island Health Care Program in Hawaii.

For more information about the Ministry of Health, contact the MOH administration at 488-2552 or 488-2553 during working hours or write to P. O. Box 6027, Koror, Palau PW 96940.

MOH Employees Of The Quarters



Congratulations to the following MOH employees of the 2nd and 3rd quarters: Jade Cruz - CHC; Morgan Salvador - Pharmacy; Haython Remekel - CHC; Tmeleu Bedal - Clinical Nursing; Clarence Ksano - Facilities & Maintenance. Also a special recognition to the other nominees of the quarters: Tasya Worswick - Medical Supply; Maelee Sokau - Medical Records; Shinoy Emesiochel - Revenue & Collections and Katerry Faustino - Division of Behavioral Health.

Health Briefs

★ 14 cases of Hand, Foot and Mouth (HFV) Disease were reported at BNH during this past week. This disease is very contagious, especially among children aged 1-4. It is spread by direct contact with saliva, mucus, and feces of infected person as well as coughing and sneezing. Signs and symptoms include sore throat and fever as well as rash and blisters. Maintain hygienic habits such as coughing and sneezing onto your sleeve or paper towel and practice proper hand washing to prevent the spread of the disease.

★ Free women's cancer screenings for women ages 21-64 at the Central Community Health Center (CHC) in Koror every Thursday, 5pm-9pm and at the Northern CHC in Ngarchelong every Tuesday, 6pm-9pm. Contact the NCD Unit at 488-4612 for more information.

★ The latest figures released by the World Health Organization (WHO) on September 23 indicate that there are currently 6,553 confirmed cases of the Ebola virus in several countries in West Africa. The Ebola virus, though deadly, is of low risk for Palau and the Pacific Region.

The MOH continues to monitoring the outbreaks in West Africa along with others in the region and continues to follow latest preparedness guidelines from WHO and the US Centers for Disease Control and Prevention (CDC).

Health Quiz

How much do you know about Cancer?

TAKE THIS QUIZ TO FIND OUT

- 1 Which is NOT one of the ways you can prevent cancer?
A. Eat 2 1/2 cups of vegetables daily.
B. Get screened regularly.
C. Drink alcohol often but only light beers.
D. Maintain a healthy weight.
- 2 Which of these is a risk factor for cancer?
A. Unhealthy diet.
B. Lack of physical activity.
C. Family history of cancer.
D. All of the above.

Answers: 1. C, 2. D

D.E.H. tips

488-6073

Household inspections - How to prepare

To help ensure that our homes are as safe as possible, the Division of Environmental Health aims to conduct annual inspections of every house in the Republic. Adhering to the best-known practices for home sanitation, DEH has developed a set of guidelines to measure each and every home.

The areas assessed include water sources, liquid waste sites, solid waste sites, livestock pens and potential vector breeding sites. If you score less than 100% on the inspection, the inspection team will provide you with recommendations on how you can correct any deficiencies identified. Depending how many items are required to improve, residents have 2 days to a week to resolve the situation before follow-up inspections are conducted.