



pulse

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MRP Annual Report Released

The Ministry of Health has recently released the 2014 Annual Report for the Medical Referral Program (MRP). The purpose of the report is to publish information about the accomplishments, challenges, and the financing of the Committee and the Medical Referral Program and share that information with the community. In addition, the report provides a bench mark for the President and policy makers, on what the MRP has done and what it needs to improve in providing medical services to the people of Palau.

This first report is more comprehensive in that it summarizes the changes that have taken place since the Healthcare Fund (HCF) first became available in April 2011 and how this financial mechanism helps benefit the many patients who need medical care. The report will be made available to the public on the MOH website: www.palauhealth.org and the MOH Facebook page. The report has also been submitted to the President and the Olbiil Era Kelulau's Chairman of the Senate Committee on Health and Education and the Chairman of the House of Delegates Committee on Health, Social and Cultural Affairs.

Gregorio Ngirmang, Minister of Health stated: "Despite being just a few years old, the MRP in collaboration with the HCF has made great strides and has made a difference in the lives of so many of our patients. And although there has been some challenges, I look forward to further improving health services to the people of Palau by building the local capacity of our medical personnel and hospital, reducing costs by integrating public health promotion and prevention programs, and improving efficiency by reallocating HCF reimbursements to fund the overall improvement of our health care services."

He added: "Although much has been accomplished, much more also needs to be done. And for this, we continue to seek the support of H.E. Tommy Remengesau Jr., President of Palau, our National Congress, our patients and their families and the general public for your support in ensuring the success of the collaborative efforts of the MRP and HCF in providing the best care for the people of Palau."



MOH Nurses participate in the ICN Leadership for Change Program along with others from around the Pacific.

Nurses Participate in Leadership Program

Three senior nurse managers from Palau, Antonnette O. Merur, Patricia Maech, and RoseMina Mechol and fourteen other senior nurse leaders and human resources for health executives from nine US-affiliated Pacific island countries and territories were selected to attend the first ever ICN Leadership for Change Programme™ (ICN LFC) conducted in the US.

Three workshops are required to complete this ICN LFC training: the first workshop took place from 23-27 June 2014, the second workshop took place from 11-15 August 2014 and the third will take place from 26-30 January 2015 in Honolulu, Hawaii UH Campus at Manoa.

As part of this LFC training the nurses had to do a project in our respective units or divisions that will help us improve our leadership and management skills and thus will improve staff performances and achieve quality service outcomes.

A message from the *Minister*

On behalf of the Ministry, I would like to wish everyone a Happy, Safe and Prosperous New Year. To the public, I ask that we all make a commitment this New Year for good health, that we work together to eat a littler healthier, exercise more, reduce stress, alcohol and tobacco use so that we all may live a healthier and happier life.

We can have the best hospitals and the best hospital staff, but unless we make changes in our lifestyles, we will continue to overwhelm our health care system. So let us work together to live healthier, and minimize “visiting the hospital” by making the changes we need to make in our homes, our communities and our personal lives.

To all our MOH staff, I would like to say as we embark on the New Year, may we look forward to a bright new year full of opportunities and success. And although, we have had many positive accomplishments here at the Ministry, we have also faced many challenges. Yet, I am proud to say that overall, you all did a great job, and I am confident we can continue the momentum for the New Year and bring even more success to ourselves, our workplace and our patients.

I thank you for your hard work this past year, and I look forward to working with all of you. Have wonderful New Year filled with good health, promise and success.

Regards,

Gregorio Ngirmang



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MOH Team of the Year And Retirees Recognized

The Facilities & Maintenance Department was selected as the Ministry of Health’s Best Team of the Year, and was awarded during the Christmas Party which was held at Ngarachamayong Cultural Center on December 19, 2014. As the winner of this highly prestigious award, they received \$100 gift card, gift certificate for team luncheon, and free physical exam for all of the team members. In his remarks, Minister Gregorio Ngirmang called them, the “unsung heroes of the Ministry of Health”.

During the event, Siles Ngiralulk, one of the retirees, received a Certificate of Recognition, in appreciation for his 18 years of service. Other retirees recognized were Masayuki Adelbai, Ngirchebab Rengchol, and Deborah Elibosang. The Ministry of Health appreciates their years of dedication to the health of the people of Palau and wish them a fruitful retirement.



Top: MOH Team of the Year employees receive their award. Bottom: Siles Ngiralulk (right) receives his Certificate of Recognition for service retirement.

Successful Completion of Medical Exchange Program

The Medical Exchange Program of doctors from the Shin Kong Wu Ho-Su Memorial Hospital in Taipei, Republic of China (Taiwan) has been completed for 2014.

Throughout the year, Shin Kong Hospital had sent four Orthopedic surgeons, a Cardiologist, Gastroenterologist and Emergency doctor. These doctors saw over five-hundred patients, conducted training for local doctors, and developed an assessment of our medical services and medical referral program to Shin Kong Hospital.

The request was made by the Ministry through the Republic of China's Taiwan Medical Program (TMP) to send doctors to provide specialized care to patients in Palau in the areas of cardiology, endoscopy and gastroenterology. And through the special relationship Palau has with Shin Kong Hospital, the hospital sent highly qualified and experienced doctors to assist the Ministry in providing care to Palauan patients.

Patients that cannot be treated locally through the Mission were referred to Shin Kong for further advanced medical care. The Taiwan Medical Program (TMP) in collaboration with the Medical Referral Program closely works with Shin Kong Hospital via an online telemedicine program to monitor the health of patients throughout the year; this ensures that even after the medical mission has left the island, Palau's patients will continue to receive comprehensive, consistent and quality care from Shin Kong Hospital.

Gregorio Ngirmang, Minister of Health stated: "On behalf of the Ministry of Health, I would like to take this opportunity to

thank Dr. Chen-Kun Liaw, Dr. Yi-Te Chen, Dr. Hsiao-Liang Tsai, Dr. Kao-Shang Shih, Dr. Cheng-Yi Hsiao, Dr. Wei-Chien Hsu and Dr. Yi-Ting Lin from Shin Kong Hospital for the wonderful job they did for us. They were extremely hard-working and professional.

Thank you and the Shin Kong Hospital again for being a good friend to the Ministry and making a difference in the lives of the people of Palau."



Gastroenterology Specialist Dr. Wei-Chien Hsu and patient at the Belau National Hospital.

Waka Waka For The Health Of It

In August this year, the Ministry of Health in partnership with the Chang Bing Show Chwan Memorial Hospital, Republic of China (Taiwan), Ulekerreuil a Klengar (UAK), Omellemel ma Ulekerreuil a Bedenged (OMUB), and Koror Elementary School (KES) launched a 3-month weight loss intervention program using the Taiwan's Health Cloud System, with approximately 100 participants. The program was called WAKA WAKA FOR THE HEALTH OF IT, named after the Waka Waka dance by the famous Shakira and the health promotion slogan "for the health of it" from UAK's Kotel a Deurreng healthy lifestyle campaign.

Baseline data of participants' body mass index (BMI), weight, blood glucose levels, blood pressure, and other possible chronic conditions were collected using the Taiwan Health Cloud Physiological Measurement Chair. To accommodate various schedules, the program offered 3 different times during the week with a low-intermediate impact cardio and muscle strengthening workout. Four 1-hour nutrition sessions were also offered to interested individuals in November.

When asked what they thought of the Waka Waka, one of the participants responded, "I love it! Makes me fit" while others chorused "Awesome! It's the way to go! Enjoyable!" More than half of the participants were successful in the program and felt



that it made them more conscious of their own health and informed the decisions they made every day. They expressed great interest in continuing a similar program.

Ministry of Health and its community partners are planning phase two of this project early 2015. Tune in for announcements!

DeWill2Live and Red Ribbon Months Campaigns

As the holiday season comes to an end, everyone is reminded of their health and safety and that of others for the coming new year.

The Ministry of Health in collaboration with its partners, both government and community based organizations are sending out another strong reminder this new year against drunk and drugged driving.

Once again the Red Ribbon Months and DeWill2Live campaigns, conducted activities that signified drunk and drugged driving prevention.

Throughout the holiday season, red ribbons, roadside campaigns and the annual DeWill2Live light up the streets event were held to raise awareness against drunk driving.

As the campaigns continue into January, everyone is invited to join all the activities that are planned for 2015 and show support in raising awareness.

For more information on the Red Ribbon Months and DeWill2Live campaigns, contact the Community Advocacy Program at 488-2002 or the Prevention Unit at 488-8118.



Participants holding candles during the DeWill2Live light up the streets event on Dec. 23.

Healthy Eating *tips*

Healthy Eating Tips – Eating from the 3 food groups (protective food group, energy food group, and body building food group).

1. Eat at least 5 servings of fruits and vegetables (protective food group) every day. Fill ½ of your plate with fruits and vegetables every meal.

2. Eat high fiber 'ongraol' like taro, tapioca, breadfruit, brown rice, breads and cereals. Fill ¼ of your plate with these energy foods during every meal.

3. Eat mostly fresh fish, seafood, chicken, nuts and seeds and choose low fat milk and cheese. Fill ¼ of your plate with these body building foods during every meal.

4. Eat less sugar, salt and fat.

5. Drink more water.

Note: Ministry of Health is in the process of disseminating Palau's Healthy Eating Guidelines, developed a public health nutritionist in collaboration with clinicians, public health workers and community members. Copies of these guidelines will be available soon. Contact the Non-communicable Disease (NCD) Unit at 488-4612 for more information.

Things to know about Ebola...

- ★ Pets cannot spread Ebola. There have been no reports of dogs or cats becoming sick with Ebola or of being able to spread Ebola to people or other animals.
- ★ Mosquitoes are the deadliest animals in the world, but they don't carry Ebola.
- ★ Your family members, coworkers, and neighbors returning from countries with Ebola outbreaks don't pose a danger to you and your family.
- ★ Ebola is not airborne and is only spread from one person to another once symptoms begin.
- ★ The Ebola outbreak is not affecting the safety of airline travel.
- ★ Ebola is only spread from one person to another once symptoms begin.
- ★ There are no Ebola cases in Palau or the Pacific.