President Remengesau Visits MOH

His Excellency, Tommy Remengesau, Jr., the President of the Republic of Palau recently paid a visit to the Ministry of Health. During his visit, the President met with members of the Senior Management Team of the Ministry to discuss the challenges and successes they have faced throughout the year. Each member was given an opportunity to share their views with the President on how we can better improve our services to the public.

During the meeting, the President encouraged everyone to work together as team, to be proactive and use effective planning strategies to set short-term and long-term goals for health. The President also thanked the MOH for their hard-work and challenged everyone to do their best for the patients and the people of Palau.

Gregorio Nguirmang stated: “The President has made a health a national priority and given the Ministry much needed funding to improve our health services and to hire more doctors, nurses and medical staff to meet the growing healthcare needs of the people of Palau. In addition, in our efforts to combat the threat of Non-Communicable Disease (NCDs), the President has been a champion for health by establishing healthy policies that reduce the harmful effects of tobacco and alcohol use and the promotion of education on healthy lifestyles in all schools.”

He added: “I would like to take this opportunity to thank the President of Palau for taking time out of his busy schedule to meet with us. It was a wonderful opportunity for us to share our successes, and the good work we do here at the Ministry of Health.”

MOH Promotes Breastfeeding At Belau National Hospital

In an effort to promote the theme of this year’s Breastfeeding Week, the Ministry of Health held a ribbon cutting ceremony to open the Belau National Hospital’s breastfeeding room last Monday, August 3, 2015.

The new room will provide exclusive space, privacy and support for MOH employees who are currently breastfeeding. The effort stems from the ongoing promotion and encouragement of working mothers to feed their babies with only breast milk, for at least six months after birth.

“Breastfeeding is natural and it’s good for the baby as well as the mother. Everyone needs to support and we’re 100% behind it. Breastfeeding should be encouraged in the workplace, including private companies”, stated Minister of Health Greg Nguirmang.

This year’s World Breastfeeding Week theme of, “Breastfeeding and Work, Let’s Make it Work”, aims to convince and encourage employers all over the world to provide adequate time or designated areas for working mothers to breastfeed their babies.

Ukelincarl A Klenger (UAK) is working in collaboration with the Ministry of Health to promote breastfeeding as it provides all the needed nutrients for babies and many health benefits for mothers as well.
MOH Best Team of The Year

MOH’s Best Team of the Year 2014 finally got around to enjoying their team luncheon on July 2nd, 2015 with Minister Ngirmang. Every year, one team who has demonstrated outstanding performance within each bureau is selected as the Best Team of the Year by the Senior Management Team (SMT) and recognized for their hard work and dedication. This year, the Facilities and Equipment Team won and were awarded a $100 Gift Certificate, a luncheon, and free physical exams. During this simple yet very special luncheon which was held at the PICRC, the Minister disbursed the team again and shared with them a poem entitled “The Man In The Arena” which was used to motivate him and his team during his earlier years in the military.

The Man In The Arena

“It is not the critic who counts, not the one who points out how the strong man stumbled, or how the doer or deeds might have done them better.

The credit belongs to the man who is actually in the Arena whose face is marred with sweat and dust and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasm, the greatdevotion, and who spends himself in a worthy cause.

Who, if he falls, at least falls while daring greatly, so that his place shall never be with those cold and timid souls, who know neither victory nor defeat.”

-Theodore Roosevelt

Dental Department Give Up Lunch To Train

We are very fortunate to have one of our very own Ms. Akioo Kishigawa, Dental Hygienist, who’s currently working for the City of Cincinnati Health Department in Ohio, USA, to train our staff under Oral Health Division. The staff were willing to give up their lunch breaks for this vital staff development training that began on 7/14/15 and ended on 7/15/15. As the trainer said, don’t limit yourself to what you know already but keep learning for offering professional expertise for the goal of optimum oral healthcare to the public.

On the first day, the training began with coverage of areas like the Role of a hygienist in a clinical setting, limitation, data, collection, case study, oral exams, periodontal description and charting, dental hygiene treatment plan, and patient education. The second day, the session included a demonstration in team building and infection control.

The third day they went on to cover your dental health in relation to inflammation, diabetes, hypertension, chronic renal disease, and coronary heart disease.

Oral Health T I P S

Brushing your teeth twice a day is number one weapon to maintaining healthy teeth and gums and it minimizes the risk of tooth decay and gum disease.

#1. Good oral health can improve the quality of life
#2. Be true to your teeth or they will be false to you.

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