

Weekly Health updates

April 2018

MINISTRY of HEALTH & MEDICAL SERVICES
Shaping Fiji's Health



MEN C GUIDELINE TRAINING ROLLS OUT FOR HEALTH PROFESSIONALS ACROSS FIJI



The Ministry of Health and Medical Services began the roll out training on the *Meningococcal Disease Public Health Management Guideline* (the Guidelines) on Monday 9th April as 47 medical professionals from the Central and Eastern divisions gathered to attend the first of three planned training sessions. This training has been made possible with the support of the Fiji Program Support Facility and is focused on the use of the Guidelines in applying appropriate clinical management and public health measures. The participants included Ministry of Health and Medical Services doctors, nurses, infection prevention control officers, laboratory staff, health inspectors, especially those that make up the Divisional and Subdivisional Outbreak Response Teams. Representatives from the Fiji College of General Practitioners, MIOT Hospital, Fiji Corrections Service, and the RFMF were also present. Teams of training facilitators will continue to rollout the Guidelines in Labasa for Northern Division health care workers and in Lautoka with Western division health care workers.

"The distribution and training on the Guidelines is required to ensure health workers are well-informed to provide an effective response to rising case numbers," said Dr Aalisha Sahukhan, National Advisor Communicable Diseases.

"Since the outbreak we have been: informing our medical professionals on the growing number of meningococcal cases in Fiji; distributing the Guidelines to all clinicians; and training health care workers on how to use the Guidelines in applying appropriate clinical management and public health measures", she added.

"This is a key activity in the strategy to controlling the outbreak, and directly address the four key components of our outbreak response: early detection and surveillance, early treatment, public health response, and prevention."

All the healthcare workers trained during these workshops will be expected to return to their Divisions and train other healthcare workers in the use of the Guidelines. They were also provided with information, education, and communication materials to distribute in their Divisions to assist with training and awareness.

CHANGE YOUR LIFESTYLES TO PREVENT DIABETES- O'CONNOR



Assistant Health Minister Hon. O'Connor with media reps at the Holiday Inn.

The Assistant Minister for health and Medical services Hon. Alex O'Connor has appealed to the public to be more vigilant towards the prevention of Diabetes in Fiji.

This call came as he was addressing the members of the media to assist the Ministry in the dissemination of vital information to the people particularly the root cause of escalating diabetes cases in the country. "The increasing incidence of complications due to diabetes is clear evidence that there is a need for alternate measures to combat this avalanche. It is also imminently necessary for diabetics to take ownership of their ailments and be actively involved in managing their diabetes", Hon. O'Connor said.

Diabetes cases in Fiji has gained momentum over the years but the risk could be minimised if the people take ownership of their health and practice healthy lifestyles.

Hon. O'Connor said while the Ministry has been tirelessly working towards reducing diabetes cases in the country, he highlighted that the collaboration from the mainstream media will definitely make a difference in the lives of the people.

"As stakeholders we need to maximize the utilization of both social and traditional media to improve diabetic care in all aspects, from prevention of risk factor that lead to diabetes to controlling diabetes and preventing the dreaded complications", he added.

He further commended the organisers of the workshop for it is a great opportunity that will enable the media organisations to acquire new skills and broaden their knowledge in terms of becoming advocates for NCD prevention in Fiji. He also encouraged the participant to maximise on this opportunity to broaden their expertise on how to efficiently report on NCD stories.

WORLD HEALTH DAY, 7 APRIL 2018: FIJI IS CELEBRATING 40 YEARS OF PRIMARY HEALTH CARE TOWARDS UNIVERSAL HEALTH COVERAGE: EVERYONE, EVERYWHERE

On 7 April, the World Health Organization (WHO) and the Ministry of Health & Medical Services celebrated two key events: the 70th anniversary of WHO; and the 40th Anniversary of Primary Health Care (PHC) in Fiji. Both institutions are placing renewed emphasis on—**health as a fundamental human right**. Health for all, also known as universal health coverage (UHC), means that everyone can access the health services they need, where and when they need them, without financial hardship.

Countries are approaching universal health coverage in different ways. WHO and the Fiji Ministry of Health both agree that "the most efficient route to UHC in Fiji and the Pacific is to get it right at the lowest and most accessible level that serves the majority of Fijians. Good Primary Health Care that integrates the delivery of essential public health and

clinical services at both the facility and community levels should be the triggering point for change."

As Fiji celebrates the 40th Anniversary of its adoption of the Alma Ata Declaration on Primary Health Care, it is already taking a lead role in the region. Under Section 38 of the 2013 Fijian Constitution, the State is mandated to take reasonable measures to make available resources to achieve the realisation of the right of every Fijian to health, to improve access to the conditions and facilities necessary to good health, and ensure that not a single Fijian is denied the right to access emergency medical treatment.

"I welcome very much that Fiji will put special emphasis on Primary Health Care during this years' celebration, because we believe that reinvigorating Primary Health Care is for Fiji and the Pacific Island Countries the way forward to achieving UHC".

HEALTH STAFF VOLUNTARILY DONATE BLOOD



Health Staff donating blood at the Health Headquarters in Suva this week

The Ministry of Health Staff took the lead role in donating blood to facilitate the surgeries to be conducted at the CWM Hospital.

Staff from the blood bank of the CWM Hospital visited the Health Headquarters to collect blood and health staff members came in numbers to support this course.

Blood Donation not only benefits the recipients but also the donors as fresh blood is replenished in their

bodies which according to researches reduces the burden of diseases in them.

It has been established one blood donation can benefit three patients therefore donating blood in a very humble and noble gift to the patients.

The Health Ministry wishes to convey its appreciation to all the donors as blood banks will only be adequately stocked through this initiative as well as many lives will be saved.

Meningococcal Disease

Meningococcal disease is a deadly disease caused by the bacteria called *Neisseria Meningitidis*. It can cause infections in the lining of the brain (meningitis) and in the blood (Meningococemia), or both.

These conditions are very serious and can be deadly.

If your child or baby displays has any of these signs and symptoms of meningococcal disease, seek immediate medical advice at your nearest health centre.



- High fever
- Unusual crying
- Refusing to eat or drink
- Vomiting
- Floppy/lack of muscle tone
- Changes in sleeping patterns
- Seizures or Fits
- Rash – red/purple spots on the skin

This disease can develop within hours of the first symptoms appearing and can only be treated at a hospital or health clinic with antibiotics (medicines that kills bacteria in the body).

For more information please go to your nearest health facility.

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Fiji is experiencing an increase of meningococcal disease cases.

Stay Alert for Signs and Symptoms

Go Immediately to your nearest health centre



Healthy Living



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Compiled by Media Unit at MHMS Headquarters
P: 3314988 M: 8905053 | 9904055