

Health Department Newsletter



Ministry of Health and Social Affairs

Issue 4

February 2017

SEYCHELLES PRESIDENT PAYS VISIT TO MONT FLEURI HEALTH CENTRE



Nurse Manager, Monette Ernesta, highlights certain issues about the facility to President Faure

Staff and patients of the Mont Fleuri Health Centre welcomed a visit from the President of the Republic of Seychelles, Mr Danny Faure, on Friday 3rd February 2017.

President Faure arrived at the Health Centre early morning at 9am where he greeted staff and patients. The president then carried out a

visit inside the facility used by more than 5000 patients from the Mont Fleuri district. Accompanied by the District Administrator, Mr Jean François Ferrari, the Deputy CEO of the Health Care Agency, Dr Danny Louange, the Director of Community Health Services, Mr Nicholas Shamlaye, and acting Nurse Manager for the Mont Fleuri Health

Centre, Ms Monette Ernesta, the president oversaw operations in multiple areas of the health centre.

Places over seen include the emergency room and records room. These two areas were identified to be problem areas in terms of space. President Faure further examined structures of the building which are quite old and in need of some repairs, while discussing the flow of daily operations with staff, as well as the possibility of enhancing the establishment.

Staff were extremely pleased with the president's visit, expressing their joy and strong belief that soon improvements would be made to the facilities. "I am very happy that the president paid us this visit today. We've discussed several things, including the clinic's catchment area, the services we offer and

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HEALTH BOOSTER

Hand washing helps protect yourself and others against the spread of germs and getting sick. It involves five simple and effective steps: Wet, Lather, Scrub, Rinse, Dry. Wash your hands with clean water and soap.



also the lack of space,” says Ms Ernesta. “When I first came to work here, I noticed that the overcrowded space is a huge constraint on service delivery. And I believe that through this visit, there will be some improvement to better the service for the community.

The Mont Fleuri health centre serves patients mainly from the Mont Fleuri district. The clinic was also being used by patients of the Les Mamelles health centre during renovation of the latter.



President Faure discusses raised issues with staff of the Mont Fleuri Health Centre

FUN FACTS OF SCIENCE...

Several pioneers of science were born in February.

Charles Darwin born 12th February 1809, was an English biologist, naturalist and geologist. He is remembered today for his theory of evolution by natural selection and also as the author of *The Origin of Species*.

Dr Mary Leakey, a British paleoanthropologist, was born on the 6th February 1913. Dr Leakey uncovered the fossilised remains of an early human (*Homo Habilis* or *Paranthropus boisei*) at Olduvai Gorge in Tanzania in 1959.

Leo Szilard was a Hungarian physicist born on the 11th February 1898. He was the first person to conceive of the atomic bomb and worked on making it a reality. The atomic bomb was then used in warfare in 1945 on Hiroshima on August 6th and Nagasaki on August 9th.

World Cancer Day - 4th February

World Cancer Day aims to raise awareness of cancer and to encourage its prevention, detection, and treatment.

Every 4th February of each year World Cancer Day unites the world's population in the fight against cancer. The main aim of the World Cancer Day is to greatly reduce illness and death caused by cancer by 2020. It aims to save millions of preventable deaths by raising awareness and education about the disease. Taking place under the tagline 'We can. I can.' until 2018, World Cancer Day explores how everyone can do their part to reduce the global burden of cancer. Many cancers can be prevented by avoiding exposure to common risk factors, such as tobacco smoke. In addition, a significant proportion of cancers can be cured, by surgery, radiotherapy or chemotherapy, especially if they are detected early.

This week mainly observed in the USA and UK aims to raise of this serious psychological illness which encompasses, anorexia nervosa, binge eating disorder and bulimia nervosa. Focus during this week is on the importance of getting people into treatment as quickly as possible and it is also about letting those who are suffering from eating disorders that recovery is possible. Sustained recovery is greater if people get into treatment which address the thoughts and feelings that cause the eating disorder.

Eating Disorders Awareness Week - 27 February to 5 March

Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia and binge eating disorder

NIHSS LAUNCHES PROMISING ACADEMIC YEAR WITH VISIT FROM HEALTH AND SOCIAL AFFAIRS MINISTER

The first day of school for the National Institute for Health and Social Studies (NIHSS), Monday 13th February 2017, was marked by a visit from the Minister for Health and Social Affairs, Mr Jean Paul Adam.

The institution, located at North East Point next to the Regional Home for the Elderly, welcomed for the new academic year, 71 second and third year students resuming their studies in the various health and social programmes on offer.

66 newly enrolled students envisaging to undertake diplomas in Social Work, Pharmaceutical Sciences, Nursing, Physiotherapy, Emergency Medical Care, Nutrition and Environmental Sciences were also welcomed that day. These students accompanied by their parents were greeted by Minister Adam and Mrs Marylene Lucas,



Director of the Institution, during a short induction held in the meeting room. Both parents and students had a chance to share fears and queries with the Minister as well as the various staff members gathered. “A good way to improve the Health and Social Affairs sector is through human resources. NIHSS is not only an institution to produce new health and social workers, but also an institution to help existing health and social

professionals enhance their qualifications and stay up to date with developments in these two sectors.” Minister Adam said, with a guarantee of opportunities to further studies for the newly enrolled students. The words of encouragement were welcomed by both parents and students present but also staff attending the meeting.

Minister Adam extended his visit with a tour of the establishment. Areas viewed include the classrooms, library, computer room, practical lab rooms and canteen, prompting some concerns regarding infrastructures. Nevertheless, the Minister assures that all the raised issues will be catered to through the project to construct a modern campus for the institute.

“The institution is already doing excellent work with the resources available. However, to further improve the learning experience we are currently working on a project for a new building for the institute. We expect that in a few years, in line with our plans to re-develop the Seychelles Hospital, we open the doors to the new infrastructure.” Minister Adam said.

The National Institute for Health and Social Studies already produces several groups of qualified health and social professionals every year with 57 graduands in Nursing, Environmental Sciences, Pharmaceutical Sciences, Social Work and Midwifery obtaining their qualifications in March 2017.





WORLD
CANCER
DAY 4 FEB

WE CAN. I CAN.

#WorldCancerDay
#WeCanICan



MINISTER'S MESSAGE FOR WORLD CANCER DAY 2017

World Cancer Day is commemorated around the world to highlight all the efforts done by the WHO, United Nations, Governments and non-governmental organisations towards the fight against cancer. It also serves as an opportune moment to disseminate messages about the cancer epidemic.

For this World Cancer Day (2017) the world is uniting against this disease that knows no borders and represents one of humanity's most pressing health and financial concerns.

Taking place under the theme "We Can. I Can" World Cancer Day 2017 will explore how everyone - as a collective or as individuals can do their part to reduce the global burden of cancer.

By 2030 new cancer cases are projected to reach 21.7 million every year and 70 % of which will be in the developing countries. 13 million people will die from cancer worldwide each year. Over one million of the cancer cases will occur in the African region.

In 2015 in the Seychelles a total number of 225 new cancer cases

have been diagnosed of which 119 were males and 106 females.

A total of 135 cancer related deaths was recorded --- 77 were males and 58 were females.

The 5 top priority cancers occurring in the Seychelles are:

1. Prostate
2. Breast
3. Colorectal
4. Cervix
5. Head and neck.

Our current cancer trend is a reflection of our lifestyle which is characterized by:

1. Tobacco use
2. Use and abuse of substances such as drugs and alcohol
3. Consumption of unhealthy diets
4. Lack of physical activity
5. Exposure to environmental pollution and other infectious agents

If we all agree to make healthier lifestyle changes then one is sure of beating the cancer scourge affecting the Seychellois population.

The Ministry of Health is currently

developing its first National Cancer Control and Prevention Policy and it is anticipated that the completion of this important Policy will happen in 2017.

Once diagnosed with cancer a patient will have surgery either locally and/or overseas, followed by chemotherapy. Radiotherapy when required is done overseas.

A new Oncology Unit is being refurbished by the Ministry of Health in partnership with the Soroptimist International Club of Victoria and Seychelles Round Table.

Just as cancer affects everyone in different ways, all have the power to take various actions to reduce the impact that cancer has on individuals, families and communities.

World Cancer Day is a chance to reflect on what you can do, make a pledge and take action.

Whatever you choose to do, "We Can. I Can" make a difference in the fight against cancer.

A DEPARTMENT OF MANY TALENTS

Several of the skilled Health Department staff took the reins of the second day of the first International Biennial Conference on Early Childhood Care and Education on Friday 17th February 2017 to a tremendous success. The second day which followed a vibrant opening the night before, was held at the Seychelles International Conference Centre (ICCS).

Launching Seychelles as an IBE-UNESCO Best Practice Hub for Education and Early Childhood and Education (ECCE), the day promised the participation of over 300 participants. This included local agencies and over 42 international delegates. On the agenda was great number of presentations from a handful of the international as well as local delegates.

Dr Bernard Valentin took the floor to welcome participants in the conference, including the President of IBE UNESCO H.E. Dr. Hamood



Mrs Linda William Melanie, Principal Secretary for Social Affairs and Dr Bernard Valentin, Principal Secretary for Health listen intently to conference presentations.

bin Khalfan Al-Harthi, the Director of the IBE Council, Dr. Mmantsetsa Marope, Minister for Health and Social Affairs, Mr Jean Paul Adam, Principal Secretary for Social Affairs, Mrs Linda William Melanie and members of the National High Level ECCE Policy Committee in Seychelles.

As is Seychellois custom, Dr Valentin extended a vivacious greeting setting the crowd alive for the rest of the day. While enriching presentations from across the globe entranced participants in the main auditorium, many more staff of the department assumed for the day, role of conference secretariat to



Conference Secretariat sorts out badges for arriving delegates

ensure the smooth flow of everything. Having arrived on scene from early morning at 7am, they prepared for what promised to be a long day.

Many talents were unleashed that day; secretaries demonstrated their skills in events planning and management, Doctors showcased their writing skills in reporting the programme and the Communications Officer dazzled those present with her compelling voice as host for the day.

Mrs Bella Henderson, Principal Policy Analyst, also revealed many talents as main organiser of the second day of the conference. Taking charge of the conference secretariat proved a positive endeavour for



Health Department ushers accompanied international delegates

Mrs Henderson who discovered her aptitude for Events Planning, Film

Editing and IT-ing. Mrs Henderson exclaimed her pride at the excellent job done by her team which led to the success of the second day.



“It was definitely a learning experience and I can say that I have acquired many new skills. I worked alongside a great team, the coordination team, and I received a lot of support from different people working in different organisations, both public and private.” she said. Mrs Henderson further admitted that the experience was quite challenging but one she has really enjoyed.



Conference secretariat worked behind the scenes to ensure everything flowed smoothly

The first biennial conference on early childhood care was held under the theme “Building Resilient Early Childhood Care and Education Systems: Lessons of Experience”. The aim of the conference was to bring together countries putting into place the IBE UNESCO framework and to get them to share their experiences and provide advice so others can also achieve success in their Early Childhood Care endeavours.

'MY HEALTH, MY RESPONSIBILITY' CAMPAIGN MOVES IN NEW DIRECTION

Amidst a battle against the rise in obesity and non-communicable diseases amongst the small population of Seychelles, the Ministry of Health and Social Affairs launched its theme 'My Health, My Responsibility', accompanied this year by a new sub-theme, 'Move It' to promote physical activity within the Seychelles population.

More than 60% of adults and nearly 20% of children are considered to be overweight, a high number for our small community, suiting the new direction. The theme builds upon the campaign employed by the Ministry of Health and Social Affairs for two years. It urged the population to assume responsibility for their health, in order to ensure the prevention of non-communicable diseases, as well as, the employment of good self-management practices by those living with these illnesses.



NEP Home for the elderly did not hesitate to 'move it' during the launch ceremony

This year the theme continues from this call, by reinforcing the need for the public to not only become physically active as can be deducted instantly from the new sub-theme, but also to start it right now, rather than procrastinate.

Minister Adam unveiled the logo for the new sub-theme late afternoon on Friday 10th February 2017 at the National Sports Council Hall, to a sizeable gathering of people of all ages dressed in their sportswear, ranging from primary school students to elderly members of the community. "Seychelles is the African country with the highest level of obesity," Minister Adam said, acknowledging the alarming statistics. "That is why for 2017, under

the campaign 'My Health, My Responsibility' our sub theme is 'Move it'. It is so we can all come together and move it. Let us not push to tomorrow what we can do today." The Minister's speech resonated through the crowd, compelling those gathered to join in the performances starting a positive trend in line with the new theme.

The launch featured several demonstrations from students from primary schools across Mahé. There were also performances from the elderly, especially the residents from the North East Point Home for the Elderly who showcased that despite certain limitations and disabilities, there's always a way to enjoy a little physical activity.

HIGHLIGHTS

The paediatric unit usually located on the ground floor of the Seychelles Hospital on the Paediatric Ward has temporarily moved to the Antenatal Ward (Maternity 1) located on the first floor. The Paediatric unit is expected to return to their set station in less than a month.

Mr George Madeleine, Health Promotion Manager assumed the role of HOON Committee chairperson. The outgoing chairperson, Mrs Stephanie Desnousse, presented the pennant to Mr Madeleine during the launch ceremony for the new theme on Friday 10th February 2017.

A 3 day training will be held during early March to allow health and social professionals to enhance their knowledge on the Alzheimer's Disease. Participants in the training will receive a certificate and be able to share their acquired knowledge to other professionals in future trainings.



Students from central schools also joined into the activities