

Newsletter



Ministry of Health

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42 FAITHFUL EMPLOYEES REWARDED FOR LONG SERVICE



Souvenir photo of the rewarded employees with invited guests on the front steps of ICCS

42 long serving health workers employed from 1972 to 1992 were rewarded in a prize giving ceremony

held on Friday 7th April 2017 at the Seychelles International Conference Centre (ICCS) on the

occasion of Health Worker's Day 2017.

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HEALTH BOOSTER

Improper brushing and not brushing your teeth damages the teeth and gums. So, brush your teeth twice a day in circular motions, for at least two minutes daily. Brush the teeth, the junction of the teeth and gums, the tongue and the roof of the mouth. Don't forget to floss!



Attending the vibrantly animated ceremony was, the Vice President of the Republic, Mr Vincent Meriton, the Minister for Health, Mr Jean Paul Adam, the Minister for Home Affairs, Mrs Mitcy Larue, the Minister for Tourism, Civil Aviation, Ports & Marine, Mr Maurice Loustau-Lalanne, the Principal Secretary for Health, Dr Bernard Valentin and many other members of staff from the ministry.

The awarded employees work in diverse cadres across the ministry to ensure the smooth flow of operations. They celebrated their 25, 30, 35, 40 and 45 years' service anniversary between April 2016 and April 2017.

As a token of gratitude for their hard work and devotion each employee received several gifts presented to them by senior management members. Pride filled the auditorium as names were boldly called out Human Resources Officers. Applause exploded as each group of awardees filed up onto the stage to collect their well-deserved gift.

A very special mention was given to the longest serving employee of the



Health workers animated the award ceremony

batch Ms Monette Confiance, a Senior Radiology Technician at the Sheikh Kalifah Diagnostic Centre.

Ms Confiance celebrated 45 years of service at the Ministry, which she described as very fulfilling and never dull. "I started working at the Ministry of Health in 1972 and I still very happy with the work that I do. I will continue to give the best of myself to my profession," Ms Confiance said after the ceremony.



Monette Confiance received her gifts from the Vice-President and the Minister for Health

To entertain guests for the afternoon, the incredibly talented staff of the Ministry as well as the recently discovered NIHSS choir executed all-star performances. Guests were further gifted with a beautiful tune from visiting music therapist, Aleksey Goliviznin who brought a melodious close to the wonderful ceremony.

The ceremony concluded with a thank you note for all health workers from appreciative within the community and a vote of thanks from one of the awardees who showered her thanks to all those who made their achievements possible.

MONETTE CONFIANCE CELEBRATES LONGEST YEARS OF SERVICE

Reaching milestones can be said to be the pinnacle of human life. To celebrate success in something emanates immense joy within us. At the age of 15 in 1972, Monette Confiance starting working as a Clerk-Receptionist in the Radiology Unit of the Ministry of Health.

This year, Monette celebrates the incredible milestone of 45 years service within the Ministry of Health.

Monette is a 60 year old resident of Roche Caiman and a proud mother of her two sons. She currently holds the position of Radiology Assistant Technician at the Sheikh Kalifah Diagnostic Centre, where she assists doctors with examinations. "I'm mostly in the rooms with doctors, assisting them with setting up equipment for ultrasounds, CT Scans and Xrays." Monette says proudly. She can almost always be found expertly operating what looks to be complicated machinery.

However, what she enjoys most about her job is her daily interaction with patients. And for referrals to the Radiology unit o is never lacking. "Several times when patients come, they are unsure about what to do. I will show them into the room. I'll talk to them about what to do. I'll tell them what they can expect in the exams. I will then walk them through the examination," said Ms Confiance.

Monette's journey did not commence where she is today. Entering the ministry as a very young girl on the 1st June 1972, Monette carried out routine administrative work. Amongst her daily routine, was that of record-keeping, a process that she remembers with a laugh. "At that time, every was done manually. So, all patients' names were written down whenever they came in, along with their details," Ms Confiance explains.

Despite being an interesting job, Monette admits that she did not immediately fit in. "Coming to work at the hospital at such a young age, was strange at first. Especially, since I was the only female in my section." Monette worked with two other male colleagues, a Radiographer and a Dark Room Technician.

However, the constant interaction with patients eased her into her job quite quickly. "I made a lot of friends and acquaintances. Even now people from long ago, still remember me and they will approach me and ask if I'm still working here." Monette said. "I think it reassures them to see a constant and familiar face."

Ms Confiance wants to share her passion for her job with others and maybe encourage new recruitment into the field. She does not sugarcoat trials faced, but shares secrets for getting through. "Have patience," she clamly added. "There are ups and surely some downs. Especially when interacting with the public. You need to understand them. They might have certain frustrations about waiting or anxiety from feeling sick. So be patient and most of all be caring towards them no matter what."

Monette assures to be in her work for as long as health allows her.

SPECTACULAR LAUNCH OF ACTIVITIES



World Health Day 2017 and Mental Health Recovery Week 2017 was celebrated this month with a series of fun and positive activities to bring emphasis onto this year's theme 'Depression Let's Talk' and 'Depression; Road to recovery'.

The activities were officially launched by the Minister for Health, Mr Jean Paul Adam in a ceremony held on Friday 7th April 2017 at the Sheikh Kalifah Diagnostic Centre.

Minister Adam urged that stigmas surrounding this illness be eliminated and that Depression not only be talked about but in a more hopeful manner to help those affected by this illness to seek and get help.

"The activities are to remind everyone that although depression is a common and serious illness, it is treatable and help is available. It is also a call to the treatment providers, elected officials, policy makers, education leaders, health providers, and all those involved in the provision of services that there is a need to ensure that there is appropriate, innovative and community based resources so that people can access help and that the response of our society is to assist and support instead of judging and pretending that mental illness does not exist," Minister Adam

stated in his launching statement.

Animating the ceremony were patients of the occupational therapy unit who performed a song titled 'Parkour mon Lavi' for the guests. Invitees were also gifted with a beautiful composition from the Russian music therapist, Aleksey Goloviznin.

In line with this year's theme and the Minister's message, the mental health unit decided to have a more positive approach towards depression. So, fun and healthy practices that help prevent and aid with depression were highlighted.

"The aim of these activities is to talk about depression. But, not in a negative way," said, Dr Daniella Malulu, Consultant in Charge Mental Health Services. "Rather we want to encourage people to do healthy things that will benefit them."

Some of the wonderful activities that staff got to partake in, included a sale 'healthy food against depression' at the red roof building following the launch ceremony. Numerous staff from the Mont Fleuri campus gathered around tables stacked with fresh fruits and vegetables on the ground floor veranda. A popular treat amongst buyers were the Tuber Vegetables. Adjacent these busy happenings, occupational

therapy patients displayed an exhibition of craft materials that they undertook as part of their treatment. Beautiful art covered the tables attracting numerous curious eyes.

Activities to mark these two occasions continued the next day on Saturday 8th April. Numerous members of staff, accompanied by groups from various organisations across the island rallied at the Mental Health Clinic for a 'walk and dance against depression'.

Led by renowned local singer Joseph Sinon, this huge gathering walked and sung to Freedom Square, promoting various positive messages on banners, posters and bookmarks. "The turn out for this activity is quite good. We think it is important to show people what to do and how to do it and this activity will help people to see and they will feel a difference after their participation." Dr Malulu affirmed after the walk. "They might feel more relaxed, or more energetic and they might be able to sleep better. And, we're encouraging simple activities that aren't too difficult to do such as walking with a friend or listening to some music at home."

The campaign "Depression: Let's Talk Campaign will last for one year. Accordingly, activities to emphasise its key messages will continue with a special focus on the youth.



WELLBEING DAY FOCUSES ON CARING FOR THE CARERS

In line with the mental health team's positive approach to the World Health Day Campaign against Depression, a wellbeing day was organised for the staff on Tuesday 18th April 2017.

The aim of the event was to promote little activities that staff can do to re-centre themselves after caring for others. "We wanted to take care of the carers because, they are always taking care of others. We wanted them to focus on themselves for today," Ms Anna-Lisa Labiche, Senior Clinical Psychologist said.

Numerous staff gathered at the at the red roof building throughout the day, despite a slow start in the early morning. They took the opportunity to pamper themselves with massages, pedicures and manicures performed by students from the Seychelles Tourism Academy.

"We had great participation from the staff who turned up in large numbers. Some people did not originally plan to come to this activity but while walking by, it caught their attention and they joined in,"

Ms Labiche said. "There's been positive feedback from the staff and we hope to be able to organise something similar again, maybe once a month or every quarter."

Entertaining those who had gathered was in-house cartoonist, Mr Peter Lalande who incited a myriad of laughter from all who interacted with him. Seated at the base of the stairs leading to the first floor of the red roof building, Mr Lalande's careful and exaggerated strokes attracted a lot of attention.

Many lined up to have their portraits drawn as caricatures. Amongst them, Amelia Marie, a young nurse at Hermitte Ward. "I actually came to get a manicure but then I saw the cartoonist and that peaked my interest. It's really true that it cheers you, I can't stop laughing," Ms Marie said. "I sat on the bench watching him draw other people for a while and I've been laughing since I got here. But I was pleasantly surprised with mine. It was definitely nothing like I expected it to be. But I love it!"



DOKTER, PA GET MWAN KOUMSA

Dokter, pa get mwan koumsa.
Mon pann dir personn anmenn mwan la
Demann sa bann kinn trenn mwan isi
Zot ava rakont ou sa ki zot anvii.
Mon manman kinn abandonn mwan
Mon Papa kinn dezeritye mwan
Mon konpanyi ki ti en soulaz pou mwan
Ki fer de semenn i pa pe repenn mwan
La en sel kou zot otour mwan,
Pe desann lopital ek mwan ansipanpan
Wi, dokter, monn ekri sa bann let
Wi, dokter, mon arive met
Sa lakord dan mon likou e mon ti pe al
sote
Boutey Javel dan kwen mon lili,
Sa pake pilil pa lwen obor li

Zis de minit an plis, e tou ti poun fini.
Dokter, pa demann mwan akoz, Me les
mwan esplik ou en keksoz
Ziska ki ou met ou lipye dan mon soulye
Ou pou napa en sou nide
Dan ki ben mon pe pase.
Rezon viv monn sey rode,
En pti laklerte monn sey sersé
Monn sipliye, monn plere,
Nek zot dir mwan ase koze,
akoz sa bann panse i fer zot deprese.
Alors mon pran en pti gines
En i vinn de, de i vinn plis
Me olye feblir, problemm i doubli
Mon rod en pti stim, mon pike parfwa
Me larzan pou fer sa, prezan mon napa

Dokter, akoz ou a pe get mwan ek lapenn?
Zot dir ki lavi i annan zis enn
Me dan sa monn, pou mwan i vo nanryen
Si pou koumsa, plito mon met li son lafen.
Dokter, ki ou a pe ekoute?
Ou kouta kouta pa pou antann naryen pe
bate
Akoz sa leker, lontan inn aret marse.
Mon santi mwan vid, anmorti, dezespere.
Dokter, pa bezwen kwar ki mon fou
Fransman dir, monn ganny ase, setou.
Dokter si napa naryen ou kapab fer les
mwan ale
Me mersi pou ou letan ki ounn asize pou
ekoute.

written by Dr Anabelle Marie

3 YEAR PARTNERSHIP PAVES WAY TO BETTER EYE CARE



Minister Adam (right) exchanges sign documents with Prof Tabatay (left)

The Ministry of Health signed a three year partnership with the Teaching Eye Surgery Foundation. (TES) that will greatly improve service in ophthalmology in Seychelles. The Memorandum of Understanding was signed by the Minister for Health, Mr Jean Paul Adam and the President of

TES, Professor Cyrus Tabatay on Monday 10th April 2017 in the presence of the Principal Secretary for Health, Dr Bernard Valentin, Senior Management members of the ministry and a delegation from the foundation.

This agreement will work in collaboration with existing eye care programs that ministry offers with external partners, especially within the regular eye camps. "This is an innovative

project that will allow us to touch a large number of the population," Minister Adam said. TES will conduct several missions in Seychelles, accompanied by other experts who will undertake multiple surgeries.

Local doctors will also have the

chance to learn from these experts. After substantial training they will be able to conduct more complex surgeries that will in turn decrease the number of patients requiring overseas treatment. "There is currently only one eye surgeon at the Seychelles hospital. But, we have 17 young doctors awaiting specialisation and this an opportunity to work with the experts and increase their interests in this field," Minister Adam declared.

This co-operation will also facilitate early detection of eye problems, especially in with the increase in illness, such as diabetes and cataracts. "This project will allow us to look at patients earlier in terms of their risks," Minister Adam added. "We are seeing patients come forward when it is a bit late."

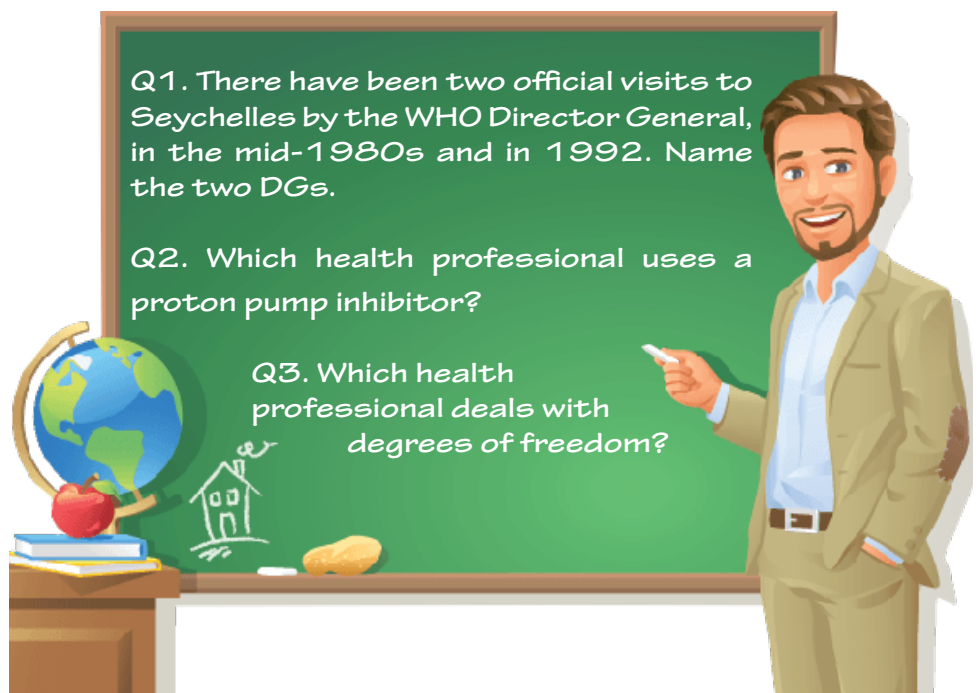
The first steps of the partnership will focus strongly on giving treatment to patients with immediate needs and identifying particularly at risks groups to undergo tests.

TRIVIA!!!

TEST YOUR KNOWLEDGE, STAND A CHANCE TO WIN A **FREE LUNCH** AT THE MOH CAFETERIA

Have a go at the three questions on the blackboard. Answers are to be submitted by email to ntomkings@health.gov.sc or in writing to Communications Officer, Ministry of Health, Red Roof Building by Wednesday 10th May 2017 before 12pm.

Correct entries from Ministry of Health staff will be placed in a draw. Stand a chance to win a free lunch voucher offered by the Hospital Canteen. **Five** vouchers up for grabs!



Q1. There have been two official visits to Seychelles by the WHO Director General, in the mid-1980s and in 1992. Name the two DGs.

Q2. Which health professional uses a proton pump inhibitor?

Q3. Which health professional deals with degrees of freedom?

REFURBISHED PAEDIATRIC WARD DONATED BY TURKISH AMBASSADOR

The Turkish Ambassador for Seychelles, Mrs Deniz Eke, presented the Paediatric ward of the Seychelles Hospital to the Minister for Health, Mr Jean Paul Adam on Tuesday 25th April 2015 in a delightful ceremony held at the ward.

The ceremony acknowledged significant renovation work carried by the Turkish government through the Turkish Cooperation and Coordination Agency (TIKA) in 2015 to bring a brighter and happier atmosphere to patients. “We are doing something very important for the kids, to give them better possibilities of obtaining higher standards of health care,” Ambassador Eke said, addressing those present.

In attendance was the Minister for Internal Affairs, Minister Mitcy Larue, who also served as the previous Minister for Health, the CEO of Health Care Agency, Dr Danny Louange, members of the Turkish delegation and senior management staff of the ministry.

Renovation and refurbishment of this unit took place during

December 2015 and undeniably conveys a livelier facet.

Minister Adam expressed his sincere joy at being able to formally acknowledge what he described as a wonderful support from the Turkish government that will boost the Hospital Redevelopment Project.

“We are very happy that today we have the opportunity to officially recognise this contribution,” Minister Adam said.

During renovations, TIKA donated several resources for use on the ward. Guests had the opportunity to view some of these materials in rooms across the ward.



Ambassador Eke (left) visit the rooms with (from left to right) Dr Louange, Dr Mahzar, Minister Adam and Minister Larue.

SEYCHELLES ASSIGNED GROUNDBREAKING ROLE IN HEALTH CARE CHRONICLING

The International Agency for Research on Cancer (IARC), from the World Health Organisation, will be publishing a new edition of the book Cancer Registration: Principles and Methods (CRPM).

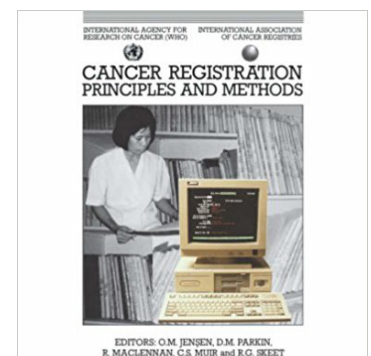
As a member of the African Cancer Registry Network (AFCRN), Seychelles has been selected to write a chapter in the new edition of the book. Miss Anne Finesse, Senior Health Information Assistant at the Seychelles National Cancer Registry has the honour of taking up the role of Chapter Lead Author to draft the section titled ‘Guide to developing a manual for the registry with examples’. “It is indeed a great achievement for the Seychelles National Cancer Registry in view of

the fact that we are the smallest and newest member of the African Cancer Registry Network,” says Ms Finesse.

Ms will conduct new research and liaise with other registries across the world to gather information vital to her new task that she will submit for peer evaluation by the end of June.

Despite a rather short deadline, Ms Finesse is overly confident that she will write a very informative and up to date chapter. Most of her confidence stems from previous experiences. In 2015, as a member of AFCRN Seychelles was mandated to formulate the Standards Operating Procedure Manual for the Cancer Registries in the Sub Saharan African

region. A task that Ms Finesse took on. The CRPM has been adopted as a guide for staff in Cancer Registries across the globe. The second edition of the book was published more than 20 years ago. The updated and modernised third edition is expected to be release in November 2017.



Older edition of the book (photo from amazon.com)

MINISTRY OF HEALTH IMPRESSES DIGITAL FOOTPRINT



The Ministry of Health has a facebook page that enables health promotion and updates

Yes, that's right! The Ministry of Health is now present on most social media channels available around the world.

With the aim getting closer to its many stakeholders, the Ministry of Health reinforced its web presence early this month making them easily accessible on four main social media, YouTube, Twitter, Facebook and Instagram.

The creation of these new pages greatly increase visibility that was already provided through the website. The pages cater to a large scope of audience with new content updated regularly.

“These new channels will boost our visibility and reinforce the website. They will definitely bring new traffic to it,” said Ms Nancy Tomking, Communications Officer. “Also, we don’t necessarily put up new content on the site everyday, these social mediachannels allow us to do just that.”



The Ministry of Health can also be followed on Instagram and Twitter for regular updates

The social media pages will further compliment the website, by facilitating dissemination of key information to the public as well as contribute to ongoing health promotion efforts. This new initiative will not only benefit the Seychelles population but also international audiences.

The ministry of health gains on average 100 website visits per day from areas all over the world. Staff of the ministry as well as members of the public are encouraged to follow these new pages to stay updated with current affairs and daily health tips.

“Following us on social media will facilitate access to updates. You will be immediately notified of new developments,” Ms Tomking added.

Members of the public can get access to these pages directly or through the website.



HIGHLIGHTS

HEALTH PHOTO EXHIBITION: All health workers are invited to submit photos reflecting Health, for a public exhibition being organised by the Health of Our Nation Committee in July 2017. Photographers are free to decide on their interpretation of Health. Submitted photographs may be selected for the Health of Our Nation 2018 calendar, other publications of the Ministry of Health and for health promotion. Photographers may also sell their work to members of the public during the exhibition. All entries must be received by 30th June 2017. If you are interested in this project or require assistance please contact the Communications Officer. Anyone interested in helping with the exhibition should also contact the Communications Officer to volunteer services.

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 Dr Danny Louange has been appointed as the CEO of Health Care Agency. The President of the Republic of Seychelles made the appointment Monday 24th February following recommendations from the Health Care Agency board. Dr Louange was appointed Deputy CEO in 2014 . Following the resignation of former CEO of the agency, Dr Suresh Menon, Dr Louange assumed reigns of the agency.

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 The Mauritius Commercial Bank donated 28 thousand Seychelles Rupees to the Health Care Agency’s Research Study on Obesity and Obesity-related Risk Factors in Children in ceremony at the Red Roof Building on Friday 31st March 2017 at 2pm. The money will be converted to 100 Seychelles Rupee vouchers for the purchase of fruit and vegetables from STC. These vouchers will be offered to survey participants following completion of the study.

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 Minister Adam welcomed the new WHO Representative for Seychelles Dr Bhupinder Aluakh on Tuesday 18th April 2017. This was followed by a farewell lunch for the outgoing WHO Representative, Dr Humphrey Karamagi the following day on Wednesday 19th April 2017.