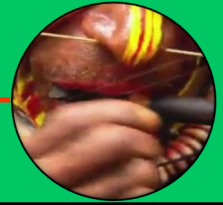




INANAGA BI TEE

THE MONTHLY NEWSLETTER FOR HELA PHA
"Leaving no one behind is every body's business."



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Inanaga Bi Tee is a monthly newsletter produced by the Hela PHA Media Committee.

All Correspondences to :

The Editor,
Inanaga Bi Tee
P.O. Box 420
Mt Hagen, WHP, PNG

Phone: 74112000
Mobile: (+675) 79701583
Email: info@helapha.gov.pg
Website: <https://helapha.gov.pg>

CEO's Message



Dr James Kintwa AFCHSM
Chief Executive Officer

In addressing our Corporate Plan values, I covered EQUITY which is mainly about aiming to make the same level of health services to all people irrespective of geographical location, gender, abilities. The establishment of the Orthotic and Prosthetic Services with Cervical Cancer Screening Services and the roll

out of Gender Equity, Disability and Social Inclusion (GEDSI) work into the Districts through District Focal Points with a GEDSI Coordinator at the Headquarters will strengthen this drive to address Equity.

Another key value is Partnership and we see a lot of this in the work that Hela PHA is doing to improve services. Our lead Partner is Santos Foundation and some of our significant achievements are the result of effective partnership led by Santos Foundation. Whether it be the Provincial Government / Administration and others in the ambulance donation or the Church Health Services in the service delivery & recipient end or National Department of Health and other key central agencies, partnership is a key strategy for good health outcomes. The different communities are key partners in the chain to protect and take ownership & responsibility for what is done by Hela PHA in the remote areas of the province so that what is made available lasts for an extended life to strengthen the health systems for service delivery.

In all partnership, there must be a win - win for both parties so Hela PHA will contribute what is required from our part to make the partnership effective and meets the corporate obligations of both parties.

Hela PHA values all our partners and look forward to continually working with them for an improved health serviced delivery with improved health outcomes.

Happy reading and we look forward to further contributions towards this Newsletter.

Hela Province Enhances Healthcare Services with New Ambulances, Staff Housing and Fuel Depot

In a significant boost to healthcare services, the Hela Provincial Government, under the leadership of Governor Philip Undialu, in partnership with the Mineral Resource Development Corporation (MRDC), Exxon Mobil and Kumul Petroleum Holdings Limited has presented 23 ambulances out of the 33 purchased and opened 15 staff houses on Tuesday 21st of May 2024. The event also coincided with the opening of the new fuel depot to ensure the efficient management and sustainability of these resources.

Hon Governor Undialu said the vehicles were not political donations but he believed in Hela PHA's leadership, the committed staff and the partnership foundation set based on trust. He mentioned that the concept of engaging St Johns ambulance are underway and if successful, the same partners would look into assisting the operations. Hela PHA Chief Executive Officer, Dr James Kintwa said that the drivers of the ambulance will be trained with first aid by St Johns and the support will be provided by Black Swan international. He further stressed that the ambulances were for transporting patients that needed care and not for dead bodies.

The event was attended by several notable partners and dignitaries, including Hon. William Bando, MP for Koroba Kopiago; Augustine Mano, Managing Director of MRDC; Ronald Meketa, MD of National Energy Authority; Deputy Health Secretary Ken Wai; and various local leaders from the Hela Provincial Administration. The presence of these key figures underscores the collaborative effort and shared commitment to enhancing healthcare in Hela Province. Deputy Health Secretary Ken Wai reemphasized his statements made in 2016 that Hela though late comer needs to be the model Provincial Health Authority because they have one of the best CEO's in the country. He was happy to see Hela PHA performing at the top ten in the country after seven years and he looks forward to Hela PHA reaching the first place.



Hon Governor Undialu handing over the keys of the ambulances to CEO, Hela PHA witnessed by the partners, the staff and the community.



New Ambulances ready to be distributed to the health facilities.

Karinja: New Maternity Ward Opening



Dr. James Kintwa announced his vision to improve the health facilities in the province. He said to stand committed to support all the church health facilities to ensure those who live in the rural areas are served equally and no one is left behind. Hela PHA has funded Karinja HC with other infrastructure development including 20KVA generator, 5KVA generator, Solar with vaccine fridge, carbon basket, 6 permanent in patient beds and medical equipment for patient care.

In partnership with the provincial government, Dr Kintwa also announced the donation of the fully kitted ambulance to the Karinja Health Center which will be used to serve patients only.

Meanwhile, Hela Governor Hon.Philip Undialu commended the tireless effort put by the CEO, Dr James Kintwa in improving the health standard in the province and Hela is privileged to have such outstanding health leader.

Hela PHA will continue to work with church run health facilities to ensure health services in the province is of standard and models in the country.

In Hela PHA's vision to improve the health care systems in Hela province under leadership of Chief Executive Officer, Dr. James Kintwa, the Hela PHA accompanied by the Hela Governor Hon. Philip Undialu has officially opened the new Maternity Wing in Karinja Health Centre on the 10th of May 2024.

Karinja Health Centre is located 32 kilometres south of Margarima in Lower Wage Rural LLG and is one of the church run health facilities provided by Hela Good News Christian Church. Karinja is the only Health Center in the LLG serving more than 15,000 population in ten (10) council wards and those people from the Upper Nipa LLG in Nipa Kutubu electorate also benefit from that health facility. It has three reporting health posts namely, Sebi-ba, Ombal and Songura

There is one midwife on staff at Karinja HC along with two other Nursing Officers and seven(7) CHWs. The new, fully equipped Maternity Wing was funded by Hela PHA at a cost of K680,815.42. This achievement aligns with the goals of its Service Development Plan 2023-2026, which includes a plan for Karinja to fully deliver comprehensive Level 3 services.



CEO, Dr Kintwa, Governor Hon Undialu and OIC Karinja Stanley during ribbon cutting ceremony.



Team inside the newly opened maternity ward.



New Ambulance and new Maternity ward prepared to served the people of Karinja.



Karinja community turning up in numbers to celebrate the event.



Delegates arriving for the opening ceremony.

Tigibi Story: Tigibi SC Implements Comprehensive Health and Beautification Program

Under the stewardship of Mr. Thomas Pole Minape, Officer-in-Charge (OIC) of Tigibi Health Center, the community has embarked on a multifaceted health and beautification initiative to address local health challenges and enhance well-being of mother and children in the community.

Tigibi Health Center has a total of sixteen(16) clinic sites, of which 11 are patrol sites, 4 mobile sites and 1 static site. Those sixteen sites have been mobilized as focal points for health promotion activities and are designated for intensified efforts, incorporating campouts and community outreach initiatives where volunteers actively engage with households.



Tigibi CHP officers posing during their house count routine clinic targeting unimmunized under 5 years children.

The program, spanning nine(9) council wards, emphasizes education on environmental health and nutrition, with particular attention given to incentivizing volunteers and addressing gaps in immunization coverage. With thirty-two(32) volunteers trained thus far, efforts are underway to ensure broad community participation.

Crucially, the initiative features local ownership and sustainability, with plans to construct houses in each patrol site and incentivize antenatal care visits to bolster maternal and child health. Additionally, efforts to revitalize aid posts, such as Kujali, and expand services to areas like Ambua and Piraka, highlight a commitment to comprehensive healthcare delivery.



Tigibi SC OIC, Mr. Thomas Pole, proudly poses amidst the beautifully crafted gardens created in implementation of the Healthy Island Concept through CHS EDEN Approach.

Looking ahead to 2025, the focus remains on facility upgrades, with urgent needs identified in power generation, water supply, and infrastructure maintenance. Acknowledging the crucial support of local leaders, including Officer-in-Charge Mr. Thomas Pole Minape and Member of Parliament Daniel Tindipu, the community expresses gratitude for recent funding allocations towards health infrastructure development.

In parallel, educational initiatives, such as the Healthy Island Concept and training programs for ward councillors, underscore a holistic approach to community empowerment and capacity building. The involvement of church health services, notably under the leadership of Chairman Keith Kendakai, further amplifies efforts to integrate health promotion within the fabric of local governance and community life. As Tigibi, led by OIC Mr. Minape, charts a course towards improved health outcomes and community resilience, the collaborative spirit and grassroots engagement exemplify a model for sustainable development and holistic well-being.



Volunteers deliver vaccines to remote areas and maternal incentives, strengthening maternal health and community-driven

Hela PHA Signed Service Level Agreement with Koroba Kopiago DDA at Koroba District Hospital

Last month, on April 2024, a significant milestone was achieved for the health sector in Hela Province. The Hela Provincial Health Authority (PHA) and the Koroba Kopiago District Development Authority (DDA) signed a Service Level Agreement at Koroba District Hospital, an event witnessed by thousands of enthusiastic community members.

This pivotal move was initiated by Hon. MP, a former Provincial Administrator for Hela Province, who has always envisioned advanced development for Koroba Kopiago. The signing ceremony, held at Koroba Station, was graced by the presence of the MP and the District Health Manager (DHM). The Hela Provincial Health Authority CEO Dr Kintwa and CEO for Koroba Kopiago DDA, Mr Stanley Kotange formalized the agreement in front of a large and supportive crowd, highlighting the community's collective commitment to health sector improvements.

In conjunction with this historic signing, it was announced that the new Koroba District

Hospital Infrastructure Development, fully funded by the Asian Development Bank (ADB), would soon be officially launched. The first medical machine is scheduled to be moved into the new facility on Sunday, May 12, 2024.

The Hon. MP's dedication to health sector development aligns perfectly with our broader development aspirations and plans. This legally binding document ensures the integration of various levels of service within the district's health sector, marking a significant milestone for both the Hela PHA and Koroba Kopiago DDA. The agreement represents a win-win scenario for all parties involved, promising enhanced healthcare services for the community.

As the District Health Services Manager, Robert Wakinda, said that he is committed to coordinating the activities between both institutions. An implementation framework will be drafted to facilitate close monitoring of projects and programs by both the DDA and Hela PHA, ensuring the successful realization of our shared goals.



The two CEOs signed the agreement in front of thousands at Koroba Station witnessed by the MP and DHM.

Hela PHA Launches Staff Health Wellness Clinic

Under the leadership and direction of Dr. Tana Kiak, Director of Medical Services, the Hela Provincial Health Authority (Hela PHA) has instated an on-site Staff Health Wellness Clinic which was officially opened on the 13th of May 2024. This initiative aligns with the National Health Plan 2022-2030, aiming to address chronic absenteeism and improve overall productivity.

In today's fast-paced work environment, public government institutions have struggled with sedentary jobs, long commutes, and unhealthy practices, resulting in conditions like high blood pressure, diabetes, and mental disorders. Common issues include high cholesterol, gastrointestinal diseases, and back pain. The objectives of the Staff Health Wellness Clinic is to Promote of Healthy Life Style - National Health Plan 2022-2030, Key Results Areas 7. These objectives include:

- Health Awareness : Increase interventions to reduce substance abuse, boost physical activity, and improve diet.
- Early Detection: Enhance screening and intervention for diseases like heart disease, strokes, diabetes, and cancers.
- Healthy Lifestyles: Ensure all government facilities promote healthy lifestyles and schedule healthy workplace activities
- Mental Health: Improve and expand the standards in mental health services.

Clinic Benefits include:

- Convenient Access: Employees receive healthcare without taking time off, accessing lab tests, physicals, and check-ups on-site.
- Wellbeing: Early detection of health issues improves overall employee well-being.
- Healthy Behaviors: Access to specialists encourages healthy lifestyle choices.
- Cost Savings: On-site services are typically more affordable.

The clinic operates Monday to Friday, 10 AM to 12 PM, providing laboratory, X-ray, and prescription services. Healthcare workers manage

appointments and referrals as needed, adhering to rules to safeguard clients and the organization. The Staff Wellness Clinic, championed by Dr. Tana Kiak, underscores Hela PHA's commitment to employee health, fostering a positive work environment and enhancing performance. Dr Kaik stated future plans include expanding the clinic space, upgrading equipment, and implementing an electronic patient recording system. Staff feedback will be crucial in these improvements.



Pic: CEO Dr Kintwa and medical team at the new staff wellness clinic.

STRESS MANAGEMENT

Stress is a perfectly normal human reaction to life threatening or worrying situations. It is part of the 'fight or flight' response that keeps us safe by preparing the body to deal with danger.

Festive/Holiday and post festive/holiday seasons are stressful periods for our mind and body's to respond to and handle the pressing responsibilities and demands of our lives during the festive/holiday season. The causes of stress during these times (stressors) I e Festive stressors include;

- ❑ Holiday bride price ceremonies, Hela cultural obligations of giving coke to the mother's family/tribe, Compensations for passive-aggressive family members/clans or tribal, or
- ❑ A simple family fight over Christmas or New Year mumu/ meals,
- ❑ Resources including finance spent over Christmas and New Year celebrations and
- ❑ The New Year bringing overwhelming responsibilities for school fees and other activities/responsibilities which floods our brains and bodies with stress hormones

In the short term, stress is a 'normal body's reaction and keeps us focused and alert to handle daily pressures of life' but continuously living in a chronic state of stress causes terrible damage to our mental and physical health. It is like keep blowing air into a balloon when it's already full to its capacity and eventually the balloon bursts.

Holidays such as Christmas and New Year should be time to rest, relax, revive and be joyful, a time needed for ourselves, families and loved ones to refresh and be revived to start the coming year. Make no mistake: Stressful events will happen. But here's the exciting thing: We get to choose how we respond to those stressful events; however holidays in Hela are often demanding and stressful , more so in 2024 due to the stresses of COVID -19 and in many aspects of life. Sign and symptoms can be acute or chronic and affects us physically and mentally and are displayed by our behavior.

" Stress is part of the life we live and it will not disappear from our life. Thus, stress management is ongoing. By paying attention to your cause of stress (stressors) and practicing ways to relax. You can counter some of the bad effects of stress and increase your ability to cope with challenges."

To manage and monitor stress

- 1 Identify the stress trigger (Stressor).
- 2 Once you've identified your stress triggers, think about strategies for dealing with them. Identifying what you can control is a good starting point.
- 3 Seek help and support from family and friends, persons whom you trust and are willing to assist, listening to you without prejudice and willing to offer help.
- 4 Do relaxation exercises such as deep breathing, exercises, prayer, yoga, meditation, listening to music or being in nature. Have time for yourself. Get a massage; soak in a bubble bath, dance, and comedy— whatever helps you relax.
- 5 Make decisions and efforts to spend less time in front of the TV/Computer/Phones and spend more time relaxing.
- 6 Keep away from use of alcohol and drugs.



Dr Michael Mai-Deputy Chief Psychiatrist



Hela Provincial Health Authority
PO Box 410
Mt Hagen
WHP

Meet Our Deputy Directors



Dr Tana Kiak,
Director Medical Services



Sr Rhondie Hapolo
Deputy Director Primary Health



Mr Nicholas Tumbiagio
Deputy Director Public Health



Mr Tobias Hapolo
Director Nursing Services

"Leaving no one behind is everybody's business."

Updates from: Family Support Center

In an effort to confront the complex challenges confronting survivors of sexual and gender-based violence (SGBV) and sorcery-related violence (SARV), Hela Province is ramping up its support through the Family Support Centre (FSC). Grounded in a survivor-centric, holistic approach, the FSC provides crucial medical and psychological care.

With a bold vision outlined in their 2024-2026 plan, the FSC aims to integrate mental health services into every health post across the province. Already, several health facilities have taken significant strides in this endeavour, with some successfully incorporating FSCs alongside mental health services. Notably, eight facilities joined this initiative in 2023, marking a substantial leap forward in healthcare delivery.

Looking ahead to 2024, plans are in place to equip an additional twelve-centers with these vital services, ensuring widespread access for the province's residents. This expansion drive has been made possible through partnerships with Santos, underlining the commitment to making mental healthcare readily available to all in Hela

Province.

Recognizing the paramount importance of promoting mental well-being, the FSC has also launched various programs aimed at fostering good mental health among individuals and communities alike. Sr Claire states that these initiatives underscore Hela Province's dedication to supporting survivors and cultivating a culture of mental health awareness within its communities.



Pic: Hela PHA Staff after the mental health training

Christian Health Service Provides 80% of Healthcare in Hela Province



Mr Kenny KUNDU
Coordinator Christian Health Services

Mr. Kenny Kundu, Coordinator of the Christian Health Service (CHS), announced that CHS delivers 80% of healthcare services in Hela Province. Operating through 8 church agencies, CHS manages 8 Health Centers and 14 Community Health Posts with 197 dedicated staff members serving in some of the province's remotest areas where no other government services are available.

Despite historical underfunding, the Church Health facilities have received significant support from Hela Provincial Health Authority (Hela PHA). This collaboration was formalized in 2019 with a Service Level Agreement under the leadership of Dr. James Kintwa, CEO of Hela PHA. Dr. Kintwa's commitment to rural healthcare has driven many milestone achievements for CHS.

Key achievements include:

- **Gap Funding:** Provided by Hela PHA to improve health indicators, especially for mothers and children.
- **Infrastructure Development:** Construction of new maternity wings.
- **Financial Literacy Training:** For Officers-in-Charge and Church Secretaries.
- **Water, Hygiene, and Sanitation Programs:** Implemented to enhance public health.
- **Staff Absorption into ALESCO:** Ensuring proper payroll integration for CHS staff.

Mr. Kundu highlighted that these efforts have significantly improved CHS standards. In return, CHS provides vital data to Hela PHA, enhancing hospital services. He expressed gratitude to facilities like Dauli, Panduaga, and Puren Health Centers for their contributions, including establishing maternity wings and the recent opening of Karinja with a new ambulance.

This partnership underscores a pivotal step in improving healthcare delivery and outcomes in Hela Province.