



# Siala fights TB at work

TUBERCULOSIS (TB) in the workplace is a threat that demands rapid planned response.

Therefore, the training of workplace TB wardens is important, according to Business for Health (B4H).

So far, 223 workplace TB wardens have been trained under the B4H TB and HIV project on early case finding with the mission to reduce social and economic burden the disease places on families and businesses in Papua New Guinea.

G4S employee, Bonaventure Siala, has kept a watch on signs and symptoms of TB at his workplace.

He learnt about early case finding with B4H in 2018 and has helped his colleagues seek medical attention and treatment, ensuring their good health and continued productivity in the company.

The security firm (G4S) enabled Siala, their human resource team and other colleagues to openly discuss and manage issues such as sick leave needs for TB, HIV testing, confidentiality, family screening and returning to work.

Despite not having any medical training, Siala mastered new skills in approaching people about their health and informing them that coughing was not normal.

With B4H's TB warden training, he learned about the signs and symptoms of TB which are: coughs, rapid unexplained weight loss and night sweats.

Most importantly, Siala learned to open his eyes and re-tune his ears to the basic warning signs of a TB infection which was coughing.

Siala noticed that a colleague, a young man, had not been well so he spoke to him to see if there were any early signs for TB.

Despite not seeing the sick employee initially, Siala persisted and



G4S TB warden Bonaventure Siala, and B4H officer Lorrie Tapora. – Picture Courtesy of Business For Health

was able to help him. Siala said the employee was afraid of the disease but he was able to recruit the help of family members to support him as they went to one of National Capital District's free TB clinics.

At the clinic, the young man was

asked for sputum sample for analysis in a new machine, known as the "Genexpert".

The Genexpert is used to test for the presence of TB and if TB bacteria is found it goes on to identify whether or not it is a drug resistant form.

After the test, it was confirmed that he had TB that was not drug resistant.

The young man was then referred to Gerehu TB clinic where Siala ensured he was registered for free treatment.

## SHP polio campaign successful

THE sixth round of polio vaccination in Southern Highlands was a success despite bad weather and tribal fighting, according to officials.

With the support of Oil Search helicopters and staff and supplies from the World Health Organisation (WHO) and United Nations Children's Fund (Unicef), the Provincial Health Authority said all children under five years were vaccinated against polio, measles and rubella.

The Southern Highlands health authority (SHPHA) chief executive officer Dr Joseph Birisi estimated that 85 per cent of children in the province had been vaccinated.

"All in all, we have done exceptionally well," he said.

Birisi said the vaccination campaign achieved a near 100 per cent coverage in Imbonggu and Ialibu Pangia, and numbers very close to it in Nipa-Kutubu and Mendi-Muniu.

"Kudos to our hardworking staff and the support from our partners. We appreciate the help we received from everyone, including the health department, the provincial government, the district development authorities, Oil Search, UN and local churches."

Birisi said wet and foggy conditions had kept Oil Search helicopters grounded for close to a week and the PHA team's efforts were also hampered in Kagua-Erave due to the ongoing dangers posed by a tribal conflict.

He said coverage of children within the area currently stood at 66 per cent but they hoped to ensure the conflict areas were eventually covered.

## Chimbu nurses to host national symposium, calls for stakeholder support

By JAMES GUMUNO

THE Chimbu Nurses Association is looking forward to host the 16th National Nurses Research symposium next month in Kerowagi.

The symposium will be held at Don Bosco Technical College and is expected to attract more than 1,000 participants within the country and neighbouring Pacific Island nations.

National Nurses Association branch president Maria Mugua said preparations were made to host the event.

Mugua said the association needed support from the provincial government and six open members.

She said, according to their budget, it would cost them K968,375 to host the event.

Mugua said that it was a big task to raise the money. She said, apart

from other fund raising activities, her committee would host dinners on Aug 16 in Chimbu and Port Moresby.

She said that sister provinces such as Southern Highlands and Enga had paid K5,000 and K2,000 and the University of Goroka paid K2,000.

Mugua said Goroka and Mt Hagen were yet to pay their K5,000 contribution. She said that some provinces were also yet to confirm

their K2,000 contributions.

Mugua said the Chimbu administration, through its health division, had committed K120,000 - K20,000 for each of the six districts.

"We also invite our governor and six local MPs and we believe they will help us with some money," she said.

Mugua said the symposium was an important gathering where issues affecting the delivery of health

care and services would be discussed and solutions developed.

Mugua said those willing to assist could call her on 7425 1287 or deposit their contribution into "Simbu Nurses Association" account at BSP Kundiawa branch; Acc. No: 7015468445.

She thanked the PNG Nursing Association and its working committee for picking Chimbu to host the symposium.

## Healthy living tips

**Caffeine:** Caffeine is a stimulant, which means it will give you a quick burst of energy, but then may make you feel anxious and depressed, disturb your sleep (especially if you have it before bed), or give you withdrawal symptoms if you stop suddenly.

**Caffeine is in:** tea, coffee, chocolate, cola and other manufactured energy drinks.

**Quick tips:** If you drink tea, coffee or cola, try switching to decaffeinated versions. You might feel noticeably better quite quickly if



**Ambi's MIND WATCH**

you drink less caffeine or avoid it altogether.

**Getting your five a day:** vegetables and fruit contain a lot of the minerals, vitamins and fiber we need to keep us physically and mentally healthy.

Eating a variety of different coloured fruits and vegetables every day means you'll get a good range

of nutrients.

**Quick tips:** Fresh, frozen, tinned, dried and juiced (one glass) fruits and vegetables all count towards your five a day.

As a general rule, one portion is about a handful, small bowl or a small glass.

**Getting enough protein:** protein contains amino acids, which make up the chemicals your brain needs to regulate your thoughts and feelings.

It also helps keep you feeling fuller for longer.

**Protein is in:** lean meat, fish, eggs, cheese, legumes (peas, beans and

lentils), soya products, nuts and seeds.

**Eating the right fats:** your brain needs fatty acids (such as omega-3 and omega-6) to keep it working well.

So rather than avoiding all fats, it's important to eat the right ones.

Healthy fats are found in: oily fish, poultry, nuts (especially walnuts and almonds), olive and sunflower oils, seeds (such as sunflower and pumpkin), avocados, milk, yoghurt, cheese and eggs.

**Quick tip:** Try to avoid anything which lists 'trans fats' or 'partially

hydrogenated oils' in the list of ingredients (such as some shop-bought cakes and biscuits). They can be tempting when you're feeling low, but this kind of fat isn't good for your mood or your physical health in the long run.

My dear readers focus on 'small wins' ... Do the little things and use it as a launch pad.

Whatever you can do be proud of it!

It was my intention for us to be educated on loneliness that preoccupies our mind.

Believe in your strength and Our Lord will show us the compassion.