



臺北榮民總醫院
Taipei Veterans General Hospital

Main Feature



New Year Edition

VOLUME 5 • JANUARY-MARCH 2025

THE SCOPE

HEALTH CHRONICLES



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Editor's Note

"Happy New Year!"

Dear readers,

Cheers to a New Year! We leave the old year behind, welcoming the new year with the First Edition of Under the Scope Health Chronicles for 2025! 2024 was a transformative year. We hope that our magazine achieved its objective of keeping you informed and abreast with important information on events and activities that you might have missed.

In this edition, we focus on Cervical Cancer Awareness in the designated month of January, World Obesity Day observed annually on the 4th of March each year and the activity in recognition of this day. We then turn our attention to the great work being done with our girls by The Department of Gender Affairs, Nevis in collaboration with Lake Health and Well-being, with the introduction of the Menstrual Health Management Education Program.

The News in Brief segment highlights several impactful events in health. Each news piece in this segment captures the ongoing efforts to improve our nation's well-being.

Don't forget to give us your feedback. Your insight on our magazine is important for its transformation into something greater. Let's embrace the beginning of a new year as we turn a new leaf and reveal new chapters of Under The Scope Health Chronicles.

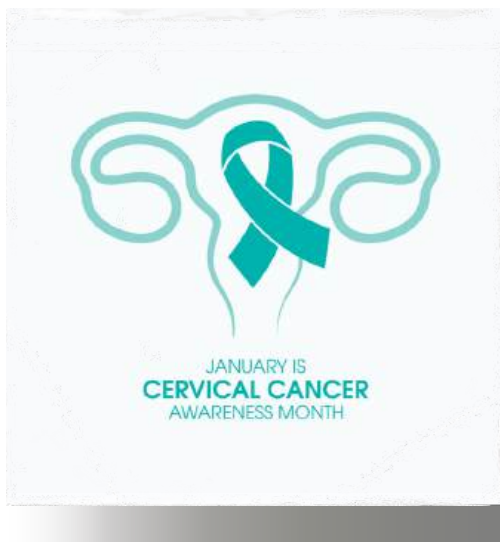
We look forward to the continuation of keeping you updated with the good news of advancements in health, upcoming activities, inspiring stories and achievements as we move forward into the new year together working towards better health.

With warmest regards,
Oceana O'loughlin
Editor-in-Chief Under the Scope Health Chronicles



Ms. Oceana O'loughlin
Health Educator

Nevis Health Promotion Unit January- March Activities



January

- Cervical Cancer Awareness Month
- 2025 Free Annual Prostate Screening Drive

February

- February 4th - World Cancer Day
- February 14th- Valentines Day My Safe Love Campaign
- Chronic Disease Self-Management Program (CDSMP) Workshop
- February 19th- HIV Rapid Testing Resumes



March

- March 4th - World Obesity Day (A Fun Run in The Sun Relay)
- March 13th- World Kidney Day
- 22nd March- World Water Day
- 28th March- Park and Walk (last Friday in every month)





Preventing HAND, FOOT & MOUTH DISEASE (HFMD)

What is Hand, Foot and Mouth Disease?

- A common viral illness affecting young children.
- **Symptoms Include:** Fever, mouth sores, and rash on hands, feet, and sometimes the buttocks.

How Does It Spread?

- Through coughs, sneezes, and saliva.
- Via fluid from blisters or contaminated surfaces.
- High risk in daycare and school settings.

Prevention Tips:



Wash Hands Often: Use soap and water for at least 20 seconds.



Disinfect Surfaces: Use chlorine-based disinfectants as they are more effective at killing the HFMD virus.



Clean Regularly: Regularly disinfect toys and high-touch areas such as doorknobs, switches and countertops.



Avoid Close Contact: Stay home when sick to prevent spreading the virus.



Practice Good Hygiene: Teach children not to put hands or objects in their mouths.

When to Call a Doctor:

If your child has a high fever or symptoms lasting 2 or more days visit your healthcare provider immediately. If your child has difficulty swallowing visit the emergency room immediately.

Stay Safe. Stay Healthy.

For more information,
visit your nearest Health Center.



JANUARY IS CERVICAL CANCER AWARENESS MONTH



Community Health Nursing Services
in collaboration with
The Nevis Health Promotion Unit



PAPSMEAR DRIVE

The Pap smear outreach event held on Saturday, January 25th, was a resounding success, with a total of 145 clients attending. This year saw a remarkable increase in attendance, with 145 clients compared to 86 in 2024. Additionally, the number of first-time Pap smear recipients doubled from 8 in 2024 to 16 this year.

The outreach event aimed to promote women's health by providing Pap smear tests to the community. It is particularly encouraging to note that 16 of the attendees received a Pap smear for the first time, highlighting the outreach's effectiveness in reaching new individuals.

The significant increase in attendance this year demonstrates the growing awareness and importance of women's health in our community. Additionally, the doubling of first-time Pap smear recipients highlights the effectiveness of our outreach efforts in reaching new individuals.

A Pap smear is an important screening test because it helps detect precancerous changes on the cervix, which can then be treated to prevent cervical cancer. It also helps identify other conditions like infections, inflammation, and potential signs of cancer.

Tips to follow before having a Papsmear.

- **Avoid having sexual intercourse for 72 hours.**
- **Avoid douching, or using any vaginal medicines or spermicidal foams, creams or jellies for 24hours before having a papsmear.**
- **Try not to schedule a papsmear during your menstrual period. Schedule one week after completion of your menstrual period.**

Nevis Health Center Services

Antenatal Clinic - twice per month - may be 3 depending on how the month falls. (Pregnant women get assessed throughout pregnancy. Motherhood expectations education is also given.)

Infant Clinic - twice per month
Babies are assessed for growth and development. Immunization given. Education sessions for parents.

Toddlers Clinic - quarterly
Toddlers are assessed for growth and development. Immunization given. Education sessions for parents.

Pap Smear and Family Planning - once a week - each health center has a different day each week. Pap Smears are performed. Birth control administration. Education sessions on family planning.

Diabetic and Hypertensive Clinic - once per month
Diabetics and hypertensives are educated, and vitals taken and recorded.

Doctor's Clinic - once a week
District Doctor is available for free visits at each health centre once a week. Days vary for each health center.

Men's Wellness Clinic - once a month
Education sessions on various health topics for men. Vitals checked and assessed.

Minor Treatments
Walk-in services, inclusive of but not limited to, various NCD screenings, dressings and other health concerns.

HIV Rapid Testing
Appointments preferred. HIV rapid testing is done at **Charlestown and Combermere Health Centers only**

Check the Contact Directory for the telephone number of each Health Center.

***There are 6 health centres on island, all of which are opened from 8 am to 4 pm Monday to Friday of each week. All health center are closed on weekends and holidays.

NEVIS Health Promotion Unit
Ministry of Health, Nevis

FREE ANNUAL

PROSTATE SCREENING DRIVE

Dr. Thwaites and the staff at Urology Associates extend their sincere gratitude to the male population of the Federation for participating in the 2025 Free Annual Prostate Screening Drive, held on Saturday, January 18th, at the Malcolm Guishard Recreational Park.

This year's event saw an impressive registration of **633 individuals**, showcasing the growing success and awareness of this crucial health initiative.

We also take this opportunity to extend a heartfelt thank you to our sponsors, whose support made this event possible. We would also like to express our gratitude to the media houses for their support. A special thank you to our caterers for providing delightful meals; your culinary contributions were greatly enjoyed and appreciated.

We are deeply grateful to Dr. Brian Cohen, Dr. Daniel Caruso, Dr. Wesley Ekeruo, Kadence Cohen, and Robin Cheng for their continued support and expertise. Your presence is always highly valued.

We extend our thanks to Hon. Premier Mark Brantley, Hon. Jahnel Nisbett, Ms. Latoya Jeffers, Ms. Shelisa Martin, and Tanya Lowe for their support. Your presence on Saturday was truly appreciated.

To our incredible volunteers, we cannot thank you enough! Your dedication and commitment were invaluable, and this event could not have been a success without the contributions of all 45 volunteers and our 13 lab technicians. Your hard work and enthusiasm are truly remarkable.

WE LOVE & APPRECIATE YOU ALL IMMENSELY!



MAIN FEATURE



DEPARTMENT OF GENDER AFFAIRS AND LAKE HEALTH AND WELLBEING MENSTRUAL HEALTH MANAGEMENT EDUCATION PROJECT 2025.



On Tuesday 4th February the Department of Gender Affairs and Lake Health and Wellbeing launched the second phase of the Menstrual Hygiene Management (MHM) Education Project at the Nevis Disaster Management Conference Room, EOC. The launch ceremony marked a significant milestone in advancing menstrual health awareness in the communities on Nevis. This launch and training workshop focused on training 15 MHM Educators comprising of Guidance Counsellors, Gender Officers and officers of the Nevis Health Promotion Unit. The new WASH United MHM Educators were trained using the trainers' manual *Cherissa's World* to educate their communities on menstrual hygiene management (MHM)- through story telling this resource is designed to address the diverse challenges that our girls face due to cultural beliefs, taboos, and misinformation.



By integrating both scientific knowledge and cultural sensitivity, the manual provides a comprehensive guide for educators and community leaders to foster positive conversations about menstrual health ensuring that menstrual health education is accessible, relevant, and impactful. Reflections from Makanaka Chirima and Jaheem Sturge of Gingerland Secondary School (GSS) reaffirmed the impact of MHM education in creating a more informed and compassionate society. Their voices serve as a reminder that menstrual health is not just a girls' issue but a collective responsibility that benefits everyone.

This commendable step toward creating a more informed, supportive, and stigma-free environment for menstruating individuals, ultimately enhancing their confidence, well-being, and participation in daily life. The project is fully supported by UNICEF, WASH United, The Advancement of Children Foundation (ACF), The Ministry of Education, Department of Sports and the Ministry of Health, Gender Affairs and Social Empowerment.





DATA FOR ACTION CORNER

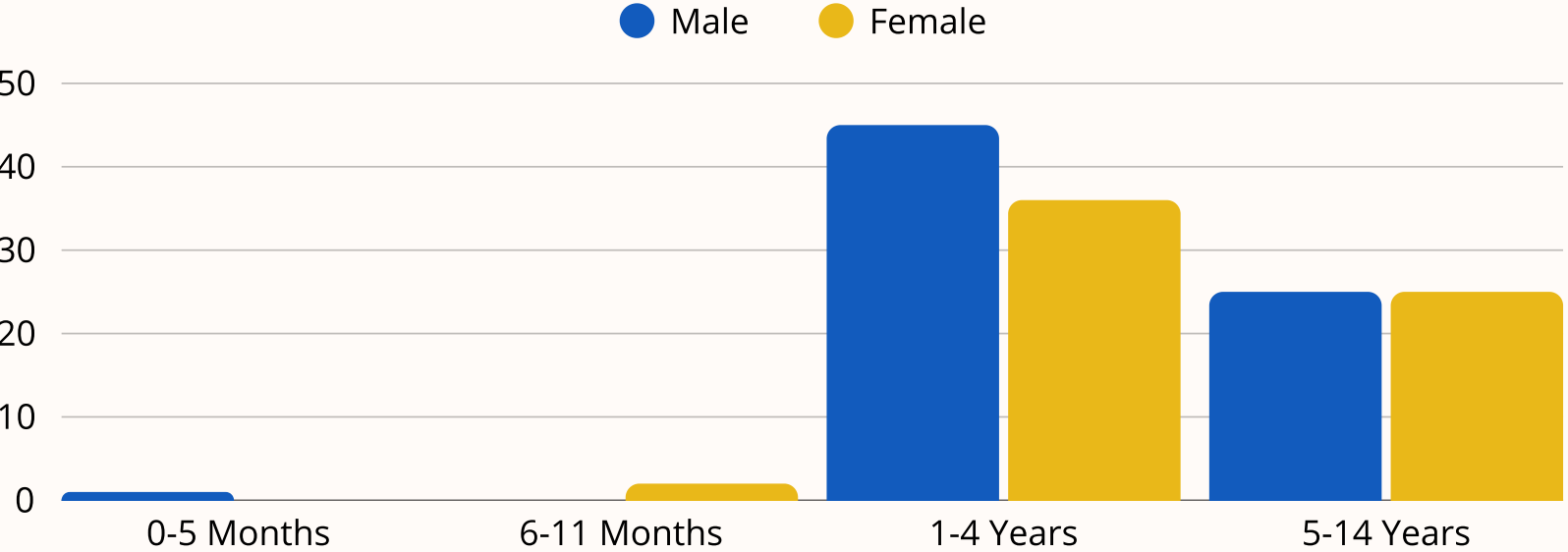
DATA MANAGEMENT TEAM

The objective of the Data Corner is to share quarterly data with the general public. Sharing makes it easier for everyone to understand and trust the data they are using. This means better data quality, decision-making, and context. All of this can lead to more effective decision-making and more collaboration.

This edition of Data Corner explores Reported Communicable Diseases featuring Hand Foot and Mouth Disease (HFMD).

In Nevis, during the period from late December 2024 through early 2025, Hand, Foot, and Mouth Disease (HFMD) cases were reported across a broad range of educational and childcare institutions, affecting both public and private facilities. A total of 134 cases were documented, with infections spread across 30 named institutions, along with 14 cases from unidentified locations.

Bar Graph showing HFMD cases by age group and gender for 2024-2025.



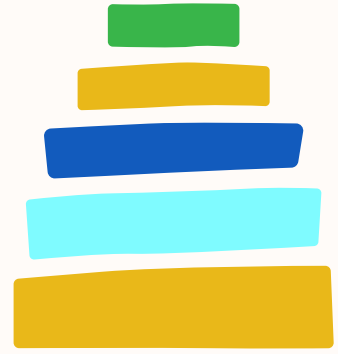
IT CLEARLY HIGHLIGHTS THAT THE 1-4 YEAR AGE GROUP IS THE MOST AFFECTED ACROSS BOTH GENDERS.



This is a quarterly snapshot of communicable diseases reported in Nevis, as well as disease trends and local health alerts.

Event- Based Surveillance

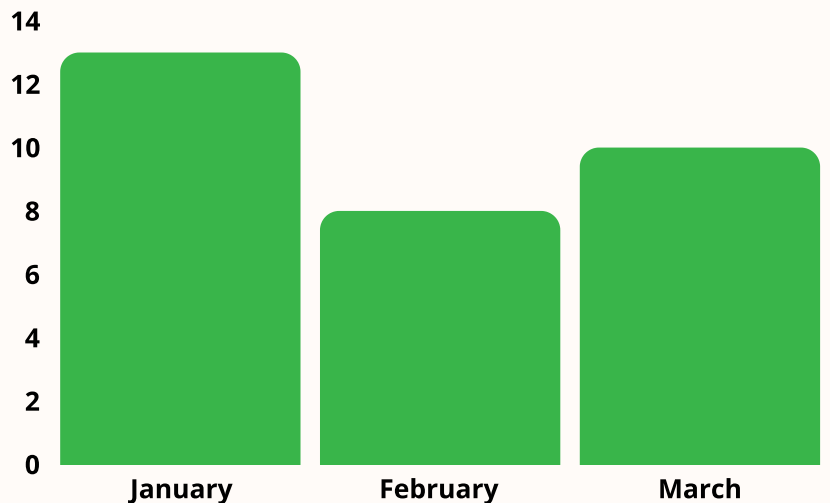
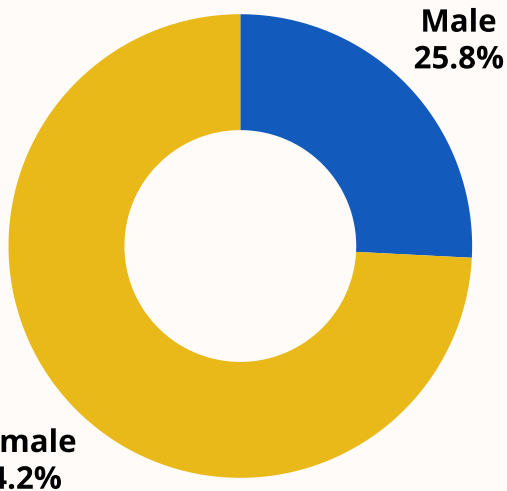
Event- Based Surveillance is based upon the reporting of unusual public health events directly to the Health Promotion Unit. This includes reports of unusual illness, unexpected outcomes and clusters of disease by Healthcare providers.



Reported Communicable Diseases January - March 2025

Syndrome	2024	2025
Bacterial Conjunctivitis	0	8
Fever & Respiratory Symptoms (ARI)	42	28
Chlamydia	1	5
Ciguatera Poisoning	6	3
COVID-19	32	5
Dengue Fever	52	6
Diarrhea	0	8
Foodborne Illness	4	3
Gastroenteritis	46	31
Influenza	8	12

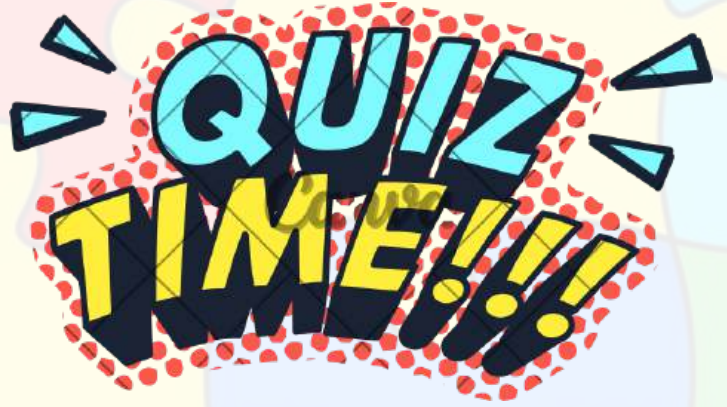
Breakdown of Gastroenteritis Cases January - March 2025



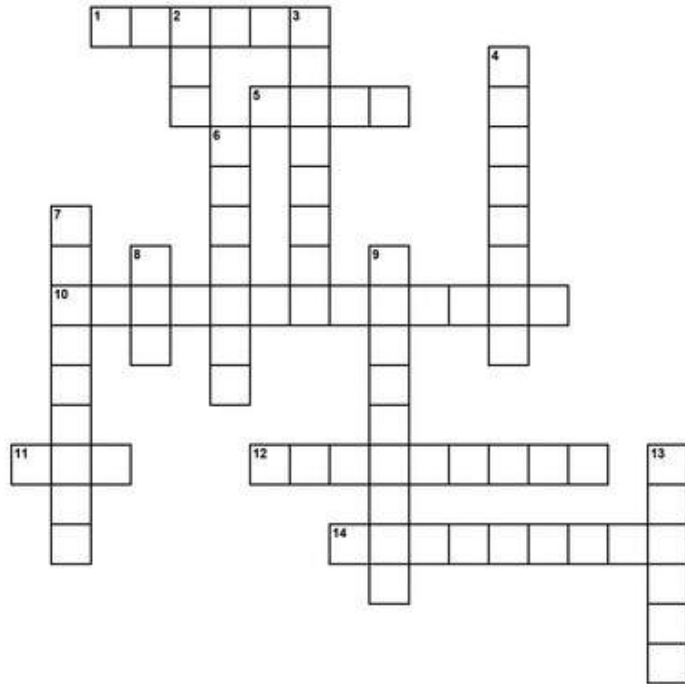
Healthy Portion Tips and Quiz



DR. HADASSAH WILLET-SARGEANT
MBBs, Bsc Biology



CROSS WORD PUZZLE



Fact or Fiction?

Vaccines cause Autism.

You cannot get the flu from the flu vaccine.

You should always finish your course antibiotics even if you feel better.

Hand sanitizer can replace hand washing.

You only need to see a doctor when your sick.

Across

- [1] A potential life threatening complication of untreated hypertension
- [5] A virus transmitted by mosquitoes, known for causing birth defects when contracted during pregnancy.
- [10] A type of fat found in the blood; high levels can increase heart disease risk.
- [11] Abbreviation for Body Mass Index, a measure of body fat based on height and weight.
- [12] The bottom number in a blood pressure reading.
- [14] An inflammation of the liver, often caused by viral infections.

Down

- [2] Color worn to promote awareness for HIV/AIDS, especially on World AIDS Day, which falls on December 1st.
- [3] A widespread occurrence of an infectious disease in a community at a particular time.
- [4] World diabetes day falls on the 14th of this month every year
- [6] A hormone that regulates blood glucose levels, crucial in diabetes management.
- [7] A very common oral medication used to manage type 2 diabetes.
- [8] how many District Health Centres are there providing primary healthcare services at no cost to residents in Nevis.
- [9] Foods that have been altered from their natural state, often high in additives.
- [13] Advanced imaging equipment installed at Alexandra Hospital, enhancing diagnostic capabilities on the island.

Zika * Red * CT-Scan * Stroke * November * Diastolic * Six

* Insulin * BMI * Processed* Hepatitis * Triglycerides * Metformin * Epidemic

BALANCED AND NOURISHED

Healthy Recipes



Ms. Oceana O'loughlin
Health Educator

Infused Water Recipes



Michael Henville
Executive Chef

Healthy Snack Recipes

Pineapple, Orange, Ginger Infused Water



Ingredients

- 1/2 cup fresh pineapple cut into chunks
- 1/2 a medium size orange cut into slices
- 6-7 slices of fresh ginger
- Fresh Water to fill your container
- 1 small bottle or jar

Directions

- Wash fruit well.
- Chop and slice ingredients as necessary, and add into a large jar or jug. Muddle ingredients and fill jar with Fresh -Water.

Oualie Rainbow Salad

Ingredients

- 10 ounces tomatoes chopped
- 1 cup carrots shredded
- 1 yellow pepper diced
- 2 green onions sliced, the green and the white parts
- 1 cup English cucumbers diced
- 3/4 cup edamame shelled
- 1 cup blueberries
- 1 cup purple cabbage cut thin
- 1/4 cup red onions diced
- 16 ounces beans
- 1/4 cup pepitas (pumpkin seeds, shelled and roasted)
- dressing of choice

Directions

1. Chop all vegetables and place them in a large flat bowl. Place the vegetables in rainbow color order for the best presentation. Dice/cut the vegetables in order and place them in the bowl. Open the can of beans and drain and rinse. Wash the blueberries and set them aside to dry.
2. Remember to place the cut vegetables as you go, keeping in mind how much space you will need for the remaining ingredients. Dice the red tomatoes. If you are using cherry or grape tomatoes then just cut them in half. Shred or slice the carrots with a peeler - you will need 1-2 carrots for one cup. Dice the yellow pepper. Slice the green onion, stalks and bulbs. Dice the cucumber. (Don't forget to place the edamame and the blueberries.) Shred or thinly slice the purple cabbage - you will need about one-quarter of a head of cabbage. Dice the red onion - you will need a thick wedge of onion. (Don't forget to place the beans). Place the pepitas in the center of the salad.
3. Drizzle on your favorite dressing, toss together and serve.



Mango, Papaya, Pineapple Infused Water



Ingredients

- 1/4 cup chopped papaya
- 1 cup of mango, sliced
- 1/4 cup chopped pineapple
- 1/2 cup ice
- 12 oz. water

Directions

- Wash fruits well.
- Chop and slice ingredients as necessary, and add into a large jar or jug. Muddle ingredients and fill jar with ice-water.

Asian 3 Bean Salad



Ingredients

- 1/2 cup sesame seeds
- 1 1/2 cups cannellini beans - 1 can, rinsed and drained
- 1 1/2 cups black beans - 1 can, rinsed and drained
- 1 1/2 cups kidney beans - 1 can, rinsed and drained
- 4 medium oranges
- 1 medium lemon - juiced (or 3 Tbsp. lemon juice)
- 3-4 medium green onions - thinly sliced
- 1 teaspoon soy sauce
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground black pepper

Directions

- Toast the sesame seeds in a small frying pan or skillet over medium heat. Stir the seeds for 1-2 minutes until they start to brown. Remove them from the hot pan and place them in a small bowl.
- Cut the bottom and top from 3 oranges. Use a sharp knife to cut away the rest of the peeling. Use the knife to separate each orange segment from the membrane and cut the segments into bite-sized pieces. Add them to a large bowl.
- Drain and rinse the beans in cold water. Add them to the bowl along with the chopped green onions.
- Juice the remaining orange and the lemon. Add the juices to a small bowl or glass jar along with the soy sauce, turmeric, and black pepper. Shake or whisk the dressing, then add it to the salad mixture.
- Add half of the sesame seeds and mix the salad. Garnish with the remaining sesame seeds.

Check out the [Nevis HPU Facebook Page](#) for these recipes and more.



PURPLE AND BLUE POWER PUNCHERS!

Not only is blue and purple-pigmented produce delicious, but it is also packed with nutrients and has a high antioxidant content.

Here are some health benefits. Let's check them out.

01. Reduces Inflammation

Polyphenol-containing foods, such as black olives, plums and prunes, help fight inflammation, which is believed to be the root cause of chronic conditions such as heart disease, diabetes, arthritis and immune dysfunction.

02. Healthy Skin

Purple foods contribute to better nutrient absorption, shielding you from the risk of malnutrition or deficiencies. By diversifying your plate with these colorful options, you ensure that your body receives a spectrum of essential nutrients

03. Boosted Immunity.

Research suggests that purple foods may play a role in managing cholesterol levels and fortifying the immune system. Including these foods in your diet might be a tasty way to defend against common health concerns.

04. Benefits for the heart

Resveratrol is one of the main compounds in blue and purple plant foods, and has been shown to help stabilise blood pressure and lower cholesterol levels. Resveratrol also helps to relax the arterial walls, which decreases the pressure in the arteries and promotes better circulation.

**GUESS THE NAME OF THE BLUE OR
PURPLE FRUITS AND VEGETABLES?**

- E__PL__T
- _IG
- R__SI_S
- CU__A_T_
- B_U_BER_I_S

**“Let food be thy medicine and
medicine be thy food.”**

NEWS IN BRIEF

JAPAN INTERNATIONAL COOPERATION AGENCY (JICA)'S REGIONAL TRAINING FOR NON-COMMUNICABLE DISEASES (NCDs) PREVENTION AND CONTROL

AN OVERVIEW BY DR. HADDASAH WILLET SARGEANT

From January 27 to February 22, 2025, I had the privilege of participating in the Japan International Cooperation Agency (JICA)'s Regional Training for Non-Communicable Diseases (NCDs) Prevention and Control in Okinawa, Japan. This intensive program brought together health professionals from across the Caribbean to explore effective strategies for combating NCDs.

The training curriculum encompassed a blend of lectures, workshops, and field experiences. Key sessions emphasized the integration of local traditions into health promotion, underscoring how cultural practices can enhance community engagement and the effectiveness of health initiatives. Discussions on health policy provided insights into Japan's systematic approach to healthcare planning and implementation. Moreover, the importance of meticulous data collection was highlighted, illustrating how data-driven strategies are pivotal in monitoring and evaluating health interventions. The program culminated in the development of actionable plans tailored to participants' home countries, fostering a hands-on approach to applying acquired knowledge.

A cornerstone of the training was the series of field visits, offering firsthand exposure to various healthcare facilities and communities. These visits offered practical insights into Japan's healthcare system, showcasing effective patient management, community outreach programs, and the integration of technology in healthcare delivery.

A particularly enlightening visit was to Kumejima Island, a serene locale approximately 23 square miles in size. Here, we explored the Public Kumejima Hospital, a facility adeptly managing a broad spectrum of medical services, from internal medicine to rehabilitation, despite its modest size and remote setting. The hospital's commitment to comprehensive care, even in the face of staffing challenges, was both impressive and instructive.

Beyond the hospital, we also visited a local school and interacted with the children, Engaging in dialogue and broadening understanding. We then stayed for a school lunch, which was healthy, traditional, filling and tasty. This cultural immersion reinforced the training's emphasis on the value of integrating local heritage into health promotion efforts.

This training has significantly deepened my understanding of NCD prevention and control. The insights and tools acquired will significantly contribute to the development and implementation of effective health initiatives in Nevis, fostering a healthier and more resilient community.

Photos



VALENTINES DAY MY SAFE LOVE CAMPAIGN 2025

IS YOUR LOVE SAFE LOVE?

Every year for Valentines Day The Nevis Health Promotion Unit encourages the public to practice safe sex through the My Safe Love Campaign. The aim of the My Safe Love Campaign is to reduce the spread of STDs and STIs amongst our young adult and adult population by encouraging the use of condoms during sexual activity.

Condom packages were prepared and distributed to selected bars and restaurants. These packages include condoms, lubricant, chocolate and a copy of the HIV Testing Schedule. This year the bars and restaurants involved were:

- Pas Bar and grill
- Glitz Bar
- Octagon Bar and Grill
- Eclipse Bar and Lounge
- Sweet Lips
- Enrique
- Queen City Bar and Garden
- Natz Bar Snakette and Grill

Condoms when used correctly and consistently are safe and highly effective in preventing transmission of most sexually transmitted infections, including HIV and unplanned pregnancies.

Before using a condom:

- Check for expiry date
- Inspect the packaging
- Open the package carefully, avoiding sharp objects
- Use a water based lubricant



FEDERATION HEALTH OFFICIALS GAIN INSIGHT INTO TAIWAN'S MENTAL HEALTH PROGRAMME

Permanent Secretary Ms. Shelisa Martin-Clarke from the Ministry of Health in Nevis recently visited the Republic of China (Taiwan) from February 6 to 14. This visit, part of the Mental Health Enhancement Programme, aimed to gain firsthand insight into Taiwan's mental health services and delivery systems.

Accompanied by Dr. Merisa Grant-Tate, Consultant Oncologist from the Joseph N France Hospital in St. Kitts, the delegation engaged with key stakeholders in Taiwan's healthcare system. They explored innovative approaches to mental health care, including community-based interventions and integrated healthcare models. Taiwan is renowned for its progressive mental health policies and best practices in patient care and rehabilitation. This visit provided valuable opportunities to observe and learn from Taiwan's well-established mental health framework.

The Nevis Island Administration is committed to improving mental health services and addressing the growing need for accessible and comprehensive care within the community. The Ministry of Health aims to learn from Taiwan to enhance local service delivery and implement sustainable strategies for the Nevisian population.



CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Ms. Genesis Pemberton and Ms. Nadine Carty from the Nevis Health Promotion Unit completed the Chronic Disease Self-Management Program (CDSMP) Leaders Training from September 6th to October 18th, 2024. Their completion of two workshops will officially certify them as CDSMP Leaders.

The CDSMP was developed through a collaborative research project between the Stanford University Patient Education Research Center and the Northern California Kaiser Permanente Medical Care Program. This program has demonstrated significant improvements in health behaviors, overall health status, and reduced hospitalization rates.

The comprehensive training covers essential strategies for managing chronic conditions, including:

- Exercise techniques and falls prevention
- Nutrition and healthy eating practices
- Breathing exercises and stress management
- Medication management
- Healthcare provider communication
- Action planning and problem-solving strategies

This training equips the leaders with evidence-based problem-solving techniques to support clients navigating their wellness journey.

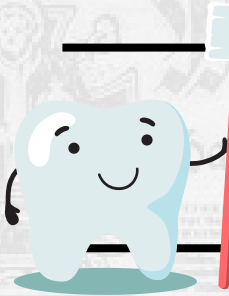
Since completing their leader training, Ms. Pemberton and Ms. Carty have launched the first in-person training workshop of 2025. The workshop was held February 5th to March 12th, 2025, at the Gender Affairs Conference Room, Government Road, Charlestown, Nevis. A total of 18 participants benefited from the workshop, which has proven instrumental in helping participants develop effective action plans to take control of their health through improved behavioral habits and comprehensive disease management strategies.

Overall, programs like CDSMP are crucial in:

- equips individuals with essential skills and knowledge of actively manage their chronic conditions,
- reduces health care cost by preventing complications and decreasing hospital visits,
- promotes sustainable lifestyle modifications in diet, physical activity, and medication adherence,
- creates peer networks that enhance long-term adherence to health management strategies.

All CDSMP participants benefited from access to the Nevis Health Promotion Unit's lending library resources. Upon completion, participants were awarded Certificates of Completion in recognition of their dedication and commitment to the program.





TAIWAN'S LAMAT MISSION TEAM DONATES DENTAL SUPPLIES TO NEVIS HEALTH SECTOR

The Ministry of Health has received a generous donation of essential dental supplies from Taiwan's LAMAT medical mission team. Dr. Han-Chieh Cheng of the Taipei Veterans General Hospital, a key member of the Taiwan delegation, officially handed over the supplies during a brief ceremony at the Charlestown Health Centre and Dental Unit.

The donation, which will benefit both the Charlestown and Gingerland Dental Units, includes anesthesia medication, disposable needles, toothbrushes, face masks, alcohol prep pads, and other vital dental care items. Dr. Rolston Archibald accepted the supplies on behalf of the Nevis dental team, expressing gratitude for the timely contribution.

The Ministry of Health, through its Public Health Department, extends sincere appreciation to the Taipei Veterans General Hospital mission team for its continued partnership and support in strengthening healthcare services in Nevis.





**World
Obesity
Day** 4 March
2023



WORLD OBESITY DAY RELAY

PASSING ON THE BATON OF GOOD HEALTH

On Friday, March 7th, the Health Promotion Unit held its 5th annual World Obesity Day Relay, dubbed “A Fun Run In The Sun.” This year’s international theme was “Changing Systems, Healthier Lives,” while our local theme remained “Passing the Baton of Good Health,” tying into our main mission of encouraging each other to be healthier. The relay took the usual route of going along the main street of Charlestown, starting at Best Buy and ending at the Sim Daniel Bust via Samuel Hunkins Drive, turning on the short road between Octagon Restaurant and A1 Enterprises.

This year we saw the largest entry of teams, with a total of nine (9) teams registering. They were TDC Ltd, Dept. of Sports, 1 Side, The Bank of Nevis Ltd, the Treasury, St. Kitts-Nevis Defense Force, Unstoppables, NEVLEC, and The Royal St. Christopher and Nevis Police Force – Nevis Division. To commemorate our 5th year, we added an exhibition race. This exciting race saw two teams following the same relay route. These teams were Ministry of Health Nevis vs Ministry of Health St. Kitts. Both races were fun and exciting to witness - you just had to be there!

At the end of the main event (first race) the winners were as follows:

- 1st Place – Dept. of Sports
- 2nd Place – St. Kitts-Nevis Defense Force
- 3rd Place – 1 Side

At the end of the exhibition (second race) the winners were as follows:

- 1st Place – Ministry of Health, Nevis
- 2nd Place – Ministry of Health, St. Kitts

While this event creates a lot of excitement, it is important for us to remember the significance of activities like these and why the Health Promotion Unit does what it does. World Obesity Day, observed annually on March 4th, is dedicated to addressing the global obesity epidemic. Obesity is a condition that affects more people than most of us realize, and is the underlying cause of many health issues and chronic diseases. Consequently, unified support from the nation is needed to change this. The Fun Run in The Sun (World Obesity Day Relay) was created to encourage people to get up and get moving. The original target audience was the adults of the workforce; who often sit for more hours than they should. This has recently been extended to adults in the community at large.

The relay encourages persons to start being active by taking gradual steps towards their best physical shape. It culminates in a fun relay to showcase that anyone can participate in physical activity. This mindset is one of the ways to prevent and treat obesity, along with other factors such as good dieting and adequate sleep, to name a few.

The relay is a constant success because of the participants, sponsors and supporters. We would like to thank all of the team leaders and participants for agreeing to take part in the relay. Without them, there would be no relay, and we truly appreciate their involvement.



A special thank you to our platinum sponsors: TDC Group of Companies Ltd and Clive Evelyn Construction; our gold sponsor: Superior Interior Cabinets and Countertops; and our silver sponsors: Blue Waves Water Taxi and Charters, as well as Ministry of Health, Gender Affairs and Social Empowerment. All of our generous sponsors have been very instrumental for this event, especially through their technical and financial support. Their contributions are very much appreciated.

To the Exhibition Racers – Ministry of Health Nevis and Ministry of Health St. Kitts - thank you for showing up amidst your busy schedules.



Last but not least, to our constants - the supporters, spectators and encouraging persons, we say a big thank you. We appreciate the love and support you continuously give to the Health Promotion Unit when we host events! You make a difference, and together we continue the fight for good health and a healthier federation.



How to hand wash with soap and water



20 sec



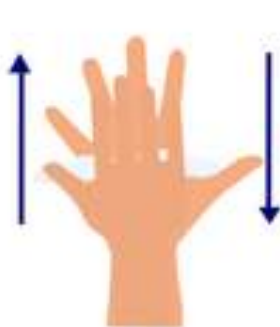
1. Wet hands with water



2. Apply enough soap to cover all hand surfaces



3. Rub hands palm to palm



4. Right palm over left dorsum with interlaced fingers and vice versa



5. Palm to palm with fingers interlaced



6. Backs of fingers to opposing palms with fingers interlocked



7. Rotational rubbing of left thumb clasped in right palm and vice versa



8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



9. Rinse with water



10. Dry thoroughly with single use towel



11. Use towel to turn off pipe

ST. KITTS AND NEVIS IMMUNIZATION SCHEDULE

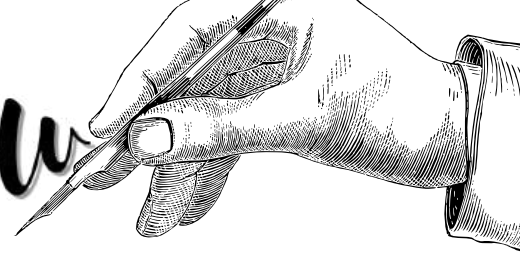
AGE	Vaccine Type
At Birth	Birth Dose Hepatitis B
0-4 weeks	BCG (Bacille Calmette Guerin)
2 Months	1st Dose - Polio Vaccine (IPV) 1st Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
4 Months	2nd Dose - Polio Vaccine (bOPV) 2nd Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
6 Months	3rd Dose - Polio Vaccine (IPV) 3rd Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
1 Year	1st Dose - Measles, Mumps, and Rubella(MMR)
1 Year and 6 Months	1st Dose Booster - DPT and Polio Vaccine 2nd Dose- Measles, Mumps, Rubella (MMR)
4 ½- 5 Years	2nd Dose Booster - DPT and Polio Vaccine
Grade 6 Children	1st Dose - Gardasil (HPV Vaccine)
15- 17 Years School Leavers	Booster- DT Booster- Polio Vaccine(bOPV)
12- 17 Years	Covid- 19 Vaccine

VACCINES SAVES LIVES!

“VACCINATE YOUR FAMILY, PROTECT YOUR COMMUNITY.”



In the know



Advertisements

SELF CARE

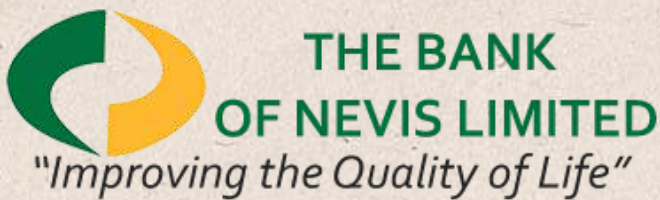


469-3577



469-1439

Sponsors



ST. KITTS NEVIS ANGUILLA
TRADING AND DEVELOPMENT COMPANY LTD.

WHAT'S HAPPENING IN HEALTH?



Nevis Health Center Services

Antenatal Clinic - twice per month - may be 3 depending on how the month falls. (Pregnant women get assessed throughout pregnancy. Motherhood expectations education is also given.)

Infant Clinic - twice per month
Babies are assessed for growth and development. Immunization given. Education sessions for parents.

Toddlers Clinic - quarterly
Toddlers are assessed for growth and development. Immunization given. Education sessions for parents.

Pap Smear and Family Planning - once a week - each health center has a different day each week. Pap Smears are performed. Birth control administration. Education sessions on family planning.

Diabetic and Hypertensive Clinic - once per month
Diabetics and hypertensives are educated, and vitals taken and recorded.

Doctor's Clinic - once a week
District Doctor is available for free visits at each health centre once a week. Days vary for each health center.

Men's Wellness Clinic - once a month
Education sessions on various health topics for men. Vitals checked and assessed.

Minor Treatments
Walk-in services, inclusive of but not limited to, various NCD screenings, dressings and other health concerns.

HIV Rapid Testing
Appointments preferred. HIV rapid testing is done at **Charlestown and Combermere Health Centers only**

COVID-19 Vaccination
Monday to Friday at all Health Centers - walk in and appointments welcomed.

***There are 6 health centres on island, all of which are opened from 8 am to 4 pm Monday to Friday of each week. All health center are closed on weekends and holidays.

NEVIS Health Promotion Unit
Ministry of Health, Nevis

For Health Screenings

Contact The Nevis Health Promotion Unit at
469-8010

SERVICES AVAILABLE:

- BLOOD PRESSURE CHECKS
- BLOOD SUGAR CHECKS
- BMI
- URINE TEST
- HIV RAPID TESTING
- COUNSELLING

ALEXANDRA HOSPITAL

CARING IS OUR COMMITMENT

Welcome to our Dispensary

HOW TO USE THE DISPENSARY

Step 1
DO YOU HAVE A PRESCRIPTION?

PRESCRIPTION

- Medications are not sold over the counter
- A prescription signed by a registered physician must be presented

Step 2
IS IT FROM A GOVT. BASED HEALTH INSTITUTION?

HEALTH INSTITUTIONS

Govt-based Health Institutions:

- Alexandra Hospital and Eye Clinic
- Health Centres and Dental Clinics
- Behavioural Health and Wellness Centre

Step 3
IS THE INSTITUTION'S STAMP ON YOUR PRESCRIPTION?

STAMP

- Prescriptions must bear the institution's stamp
- Prescriptions from a private physician's office/clinic will be referred to private pharmacies

FEES APPLY!

CONTACT US

alexandra.pharmacy@niagovkn.com | 1-869-469-5473/4/5 ext. 1112

THE ALEXANDRA HOSPITAL

Your Health Is Our Priority

Alexandra Hospital Outpatient Clinics

- ✓ Spaces are limited.
- ✓ All patients must be referred by a physician.

Appointments can be made calling the Outpatient Department
(Monday to Friday between 8:00am to 3:00pm.)

DOCTOR'S SCHEDULE		
PEDIATRIC	Internal Medicine (New Patients)	ORTHOPEDIC
Mondays 10 AM	Tuesdays 10 AM	Wednesdays 11 AM
Internal Medicine (Follow up Patients)	OBSTETRICS & GYNECOLOGY	
Thursdays 10 AM	Fridays 10 AM	

Contact Us
469-5473/5474/5475

Cost

- \$60 Adult Patients
- \$40 Pediatric Patients




Nevis Health Promotion Unit
Promote. Prevent. Protect.
Ministry of Health
&
Gender Affairs



CHRONIC DISEASE SELF MANAGEMENT PROGRAM

TAKE CONTROL OF YOUR HEALTH!

FREE 6-Week Chronic Disease Self Management **Virtual** Workshop



Living with chronic pain, respiratory issues, diabetes, high blood pressure, or heart disease does **NOT** have to control your life.



ABOUT US

The Nevis Health Promotion Unit invites you to join us for an empowering workshop series designed specifically to help you manage your chronic disease.

PERIOD: 6 Weeks

TIME FRAME: 2.5 hours once a week from 5:00pm-7:30pm

DETAILS

DATES:

May 28th, 2025

June 4th, 11th, 18th, 25th, 2025

July 2nd, 2025

CONTACT US:

1-869-469-5521 Ext. 6394

EVENT PLATFORM:

Virtual - Microsoft Teams

Falls prevention | Diet and Exercise | Medication Use | Communication with Self, Family and Health Care Professionals | Stress and Emotional Management Techniques



It is important to Assess Your Physical Fitness!



Nevis Health Promotion Unit's New Physical Fitness Assessment Service Being Offered



Total Body Assessments

- 1. Aerobic Fitness
- 2. Upper Body
- 3. Lower Body
- 4. Flexibility
- 5. Body Composition

It is Fun & Quick

For persons 18+

S.M.A.R.T Fitness Pop-Up

Physical Fitness is a major component to overall health. A good level of fitness is a leading factor in preventing and managing Non-Communicable Diseases (Hypertension, Heart Diseases, Diabetes, Kidney Disease, etc). The Nevis Health Promotion Unit's S.M.A.R.T Fitness Pop-up program offers physical fitness assessment that support personal fitness goals in a S.M.A.R.T (specific, measurable, attainable, realistic and timely) way. There are five components of health-related fitness will be assessed (Aerobic Fitness, Muscular Endurance, Muscular Strength, Flexibility and Body Composition).

Call the Nevis Health Promotion Unit and schedule a S.M.A.R.T Fitness Pop-Up for yourself or office, organization or community group.

OUTSTANDING HOSPITAL BILLS

Persons are asked to settle their outstanding bills at Alexandra Hospital by contacting the collection unit or paying directly at the Outpatient Department cashier.

Payment plans are available, and online payments can be made through the QR code which can be accessed by visiting the website nia.gov.kn or the [Nevis HPU Facebook page](#).



COLLECTION UNIT NUMBER 469-5521
EXT 5201 OR 668-0402

Management seeks your support in enhancing access to better healthcare.

PAYMENT LINK: [HTTPS://QUICKCLICK.COM/R/CC71Y](https://quickclick.com/r/cc71y)

Job Vacancies

EXPLORE EXCITING OPPORTUNITIES IN HEALTHCARE!

Are you passionate about making a difference in people's lives? If so, consider joining our team in one of the following areas:

- **Nurse (Public Health & Hospital)** - Are you passionate about taking care of the needs of people? If so, consider joining our team!
- **Dietitian** - Are you passionate about promoting health through proper nutrition? Consider a rewarding career as a Dietitian!
- **Environmental Health Officer (Health Inspectors)** - Are you passionate about maintaining a healthy environment for everyone? Consider a fulfilling career as an Environmental Health Officer!
- **Physical Therapist** - Are you passionate about helping people regain their physical independence? Consider a rewarding career as a Physical Therapist!
- **Orderly** - Are you interested in a role that contributes to the smooth functioning of healthcare facilities? Consider becoming an Orderly!
- **Emergency Medical Technician** - Are you ready for a dynamic career where every second counts? Become an Emergency Medical Technician (EMT)!
- **Food Service Director** - Are you passionate about creating delightful dining experiences? Consider a leadership role as a Food Service Director!
- **Counselor** - Are you passionate about helping others navigate life's challenges? Consider a fulfilling career as a Counselor!

Applicants must forward their Letters of Interest; Curriculum Vitae; Certificates of Qualifications; and a completed Employment Application Form (forms can be requested via email) to:

EMAIL: **Mrs. Shelisa Martin-Clarke** at min.health@niagovkn.com
 MAILING ADDRESS: **Mrs. Shelisa Martin-Clarke, Permanent Secretary, Ministry of Health, Gender Affairs & Social Empowerment, Nevis Island Administration, Administration Building, Charlestown**



Our Mission Statement

The Nevis Health Promotion Unit is a support service in the Ministry of Health. Its primary function is to promote healthy living, wellness and lifestyles that would enhance health and well-being of the population.

It provides educational support to all health and medical programme activities, including assessing communities for health education activities, planning, implementing and evaluating interventions, together with acting as a resource for health and communicating health education needs, concerns, and resources.

The Unit also collects, collates, analyse and disseminate all health data.



Nevis Health Promotion Unit
Promote. Prevent. Protect.
Ministry of Health
&
Gender Affairs



GIVE YOUR FEEDBACK .

What do you think
of our New
Years Edition
of **UNDER** THE SCOPE **?**

Contact us at
The Nevis Health Promotion Unit
by calling 469-8010



or Scan
this QR Code



To give your feedback.

CONTACT DIRECTORY

- EMERGENCY SERVICE/ AMBULANCE - 469-3333
- FIRE AND RESCUE - 469-3444
- ALEXANDRA HOSPITAL - 469-5473/469-5474
- ALEXANDRA HOSPITAL LABORATORY -
- CHARLESTOWN POLICE STATION - 469-3444
- DISASTER MANAGEMENT - 469-1423

- MINISTRY OF HEALTH - 469-5521/ EXT 6491
- HEALTH PROMOTION UNIT - 469-8010
- ENVIRONMENTAL HEALTH UNIT - 469-5521 EXT 6630/EXT6631
- GINGERLAND DENTAL HEALTH UNIT - 663-6834
- CHARLESTOWN DENTAL HEALTH UNIT-660-6383 /EXT6211

- CHARLESTOWN HEALTH CENTRE - 660-6383
- BROWN HILL HEALTH CENTRE - 661-7653
- GINGERLAND HEALTH CENTRE - 661-9123
- BUTLERS HEALTH CENTRE - 469-8254
- COMBERMERE HEALTH CENTRE - 661-2835
- COTTON GROUND HEALTH CENTRE - 661-5183
- BEHAVIOURAL HEALTH AND WELLNESS CENTRE - 469-5521 EXT 6818/469-5614

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