



## CEO's Message

Another year has raced past, and we are now heading into a Christmas period that will see PMGH start to experience an increase of people from outside the Port Moresby area. They are here to see friends and family and to be part of the city environment for the festive season. I encourage everyone to be safe during this period and to work together to manage the overall patient increases over this time.

It will be news to most of you that I am signing off on my last communication to the staff of PMGH. I have been in PNG for over three years now, and with the expiration of my contract at PMGH, and completing the required tasks for the PMGH Board and NDoH, my time has now come to an end in this great country, and I will be leaving the CEO position from the 30th November. I have loved every moment, I have made many friends, and I will forever have a real connection with PNG and PMGH.

This period at PMGH has been a career highlight, and I couldn't have achieved what we have without an exceptionally motivated and passionate board, which was led tirelessly by Sir Theophilus G. Constantinou CBE. Then there is all the staff of PMGH. All of our medical teams, admin teams, engineering teams, catering teams, cleaning teams, etc. have made this place an amazing hospital, and something that you should all be very proud of.

The challenge for all of you is to keep pushing to maintain the level of healthcare we are providing and delivering real health outcomes for the people that enter and leave PMGH each day. Don't settle for second best, always strive to provide more, and just think about what we have achieved in the past three years as a team to now have a global standard hospital.

I am excited to be looking towards my next challenging role and a well-earned break in between over the Christmas period. I wish you all a happy and safe Christmas and New Year.

Regards

Mr. Grant R. Muddle

CEO

## Malaysian Association Of PNG Supports Heart Programs

**The Malaysian Association of PNG (MAPNG) generously gave K30,000 each to Operation Open Heart and Sir Buri Kidu Heart Institute to support heart diagnostic and surgeries at the Port Moresby General Hospital.**

Ivan Lu, committee member of the association, with MAPNG President Pang Heng Chew and Secretary Kee Lim presented the cheques on behalf of the association to Operation Open Heart (OOH) and Sir Buri Kidu Heart Institute (SBKHI) representatives. Mr Lu said these two K30,000 donations was part allocation of more than K1 million the association raised through its charity fundraising event last year.

"For the last 15 years we have raised more than K6.5 million and donated these funds to organisations that needed assistance.

"So far we have committed K360,000 to OOH over the last 10 years and K367,000 to the SBKHI since the day one of its operation.

"Over the years, we have seen improvements in the work of the many organisations that we fund. As a community in PNG we do business and we give back to communities as well.

"We hope to raise more than K1 million this year so that more people can benefit." Mr Lu said.

Operation Open Heart board member Jacque Ware thanked the Malaysian Association PNG for its annual funding in supporting the work of OOH.

"We are very appreciative of the organisations such as MAPNG who give us the annual



commitment which we rely on as part of our expenditure voucher so we're very happy and thankful to organisations who are so generous," Ware said.

Dr Jack Amana the deputy director of the Sir Buri Heart Institute also thanked the MAPNG for such annual funding.

"The donations that we receive go a long way in terms of non-invasive heart disease diagnoses.

"We now have two latest machines call the Echo (cardio graph) and ECG (electrical cardio graph) to check and diagnose patient with heart problems.

"It makes it easier for the surgical team to do surgery knowing that we have done the diagnostic properly," Dr Amana said.

Malaysia High Commissioner, Mr Jilid Kuminding, witnessed the presentation and congratulated the MAPNG, PMGH, OOH and Heart Institute for the collaboration that has been going on for many years.

## Health Minister Visits Children's Outpatient Clinic and Ward



**Health Minister Michael Malabag was impressed with the cleanliness of the Port Moresby General Hospital when he visited the children's outpatient clinic, children's emergency department and the ward yesterday.**

Hon. Michael Malabag was welcomed by CEO Mr. Grant R. Muddle who toured with him around the children's facilities of the hospital.

At the children's outpatient clinic Hon. Michael Malabag greeted the mothers of the children waiting to be treated and learned about the illnesses of these children.

"This separation of child care from adult wards and providing treatment for these children at its own clinic is exceptionally good," Hon. Michael Malabag said. Hon. Michael Malabag also realized that the waiting lines were small and patients were being attended and treated.

He then visited the children's 1D-Ward that accommodates children who are diagnosed with tuberculosis and malnutrition and was pleased with the work of the paediatric nurses and doctors treating and taking care of children.

Hon. Michael Malabag also visited the radiology department including the CT. The CT (computed tomography) of the body uses special x-ray equipment to help detect a variety of diseases and conditions. CT scanning is fast, painless, non-invasive and accurate. In emergency cases, it can reveal internal injuries and bleeding quickly to help save lives.

Hon. Michael Malabag learned that apart from children receiving treatment and medication, they also have a Buk Bilong Pikinini corner and playing area for children admitted to the wards at PMGH.

It is these on-going international relationships that are continuing to grow the education and knowledge base within PMGH to continue our efforts in becoming a global standard healthcare facility.

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**THE PORT MORESBY GENERAL HOSPITAL CURRENTLY HAS 36,596 LIKES AND COUNTING**





## Global Hand Washing Day – October 15th, 2016

The 2016 Global Handwashing Day theme is “Make Hand washing a Habit!” For hand washing to be effective, it must be practiced consistently at key times, such as after using the toilet or before contact with food. While habits must be developed over time, this theme emphasizes the importance of hand washing as a ritual behaviour for long-term sustainability. Hand washing with soap is an easy, effective, and affordable do-it-yourself protection that prevents infections and saves lives.



**Hand Washing with Soap is Easy:** Everyone can protect themselves, their families, and their communities through hand washing with soap. It requires few resources—just soap and a small amount of water yet the benefits are huge.

**Hand Washing with Soap is Effective:** When hand washing with soap is practiced regularly at key times, such as after using the toilet or before contact with food, it can dramatically reduce the risk of diarrhea and pneumonia, which can cause serious illness and death. Hand washing with soap also helps prevent the spread of other infections such as influenza and Ebola.

**Hand Washing with Soap is Affordable:** Cost is not the principal barrier to handwashing with soap. Almost everyone in the world can afford multipurpose bar soap, or detergent to make soapy water, though recent surveys have found a soap access equity gap, meaning the world’s poorest households are less likely to have access to soap. Furthermore, households which do have access to soap commonly use it for laundry, dishwashing or bathing, rather than for hand washing. Investments in handwashing promotion are very cost effective, and can also maximize the health benefits of other interventions from access to clean water and sanitation infrastructure to nutrition promotion.

### When to Wash Your Hands

Adults and children should wash their hands with soap and water:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After contact with any body fluids like blood, urine or vomit
- After using the toilet
- When your hands are visibly dirty
- After changing nappies or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

### How to Wash Your Hands – Centers for Disease Control and Prevention (CDC):

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

## Holiday Inn Staff Visit PMGH

The hotel staff of Holiday Inn and Suites paid a visit to the PMGH children’s intensive care unit and Ward 1B and surprised the children with dolls and doughnuts last week.

Hotel Manager, Holiday Inn Express, Ida Golu who led the team said based on the theme of the InterContinental Hotels Group (IHG) Foundation “gift of kindness” he wanted the staff to take time out from

work to visit those in need and present a little gift. The team was grateful to spend few minutes with the children and their parents. This small act of kindness goes a long way.

Acting Nurse Unit Manager of the paediatric ward 1B, Zillah Wama, thanked the Holiday Inn team for the wonderful gifts presented to the children that put smiles on their faces.



## Code of Conduct



The CoC booklets have been given to all staff to be read and signed. The CoC highlights the expectations of behaviour and is a requirement of all employees to read and sign and return to HR.

## OOH Patient Has First Child



**Anna Morris, a patient of Operation Open Heart (OOH) in 2009, gave birth to a baby girl Thursday 22nd at the Port Moresby General Hospital. This beautiful event, may not have occurred without the opportunity provided by OOH and PMGH**

This really a proud day for the OOH team and PMGH. The 22-year-old was happy that she delivered her baby safely and in the quality care of nurses and doctors at PMGH. Her baby’s name is Jay-Anne Joshua and weighs 3.1kg. “It is a natural feeling of happiness and joy when you see your first child lying innocently in your arms,” Anna said.

Anna said she was diagnosed with a heart problem in 2008 at the age of 13. She underwent surgery in 2009, and her heart issues were resolved thanks to OOH. Anna was grateful to the sponsors of the Operation Open Heart program and will always be thankful to the heart specialists team of PMGH for saving her life and providing her the most amazing experience in giving birth to a new life.

This is a memory that will be with her forever, and she is eternally grateful. “It’s been seven years since undergoing heart surgery in 2009, being a heart patient is not easy, it’s a very painful thing but without this heart program I wouldn’t have been given a second chance to live. Saving my life isn’t just saving one heart; it’s also changing the heartbeat of every person that is connected to me”, Anna said. Anna is a dental therapist at Lamana Dental clinic in the city.



## Port Moresby General Hospital Blood Bank Staff Undergo Training



**The Port Moresby General Hospital (PMGH) Blood Bank staff undergo training every Monday ensuring they are up-to-date with screening and blood donation guidelines and have the right information to deal with any scenario during a blood drive.**

The staff training is conducted by International SOS (ISOS) on clinical aspects of dealing with blood donations, which assists the staff in maintaining their

skills in looking after our generous donors during blood collection.

The PMGH and ISOS partnership supports the World Health Organisation's initiative to act now and prevent infections and deaths.

The Director of Corporate and Youth Blood Drives, Ms Anna Megueria, also meets with the staff straight after training to build team spirit. Anna encourages the staff to maintain dedication, time and efforts in collecting blood because they might go for further training or become blood bank managers one day.

She congratulated the hard working staff of the blood bank for the great improvements in blood collections. The ANZ Corporate Blood Drive has been running successfully for three years now, and the Youth Blood Drive, sponsored by the Sir Brian Bell Foundation, launched this year.

Nurse Kennedy Tiube who has been collecting blood for 10 years is thankful for the changes being made in blood collection and encourages more blood donors to come forward and save lives.

## Pageant Contestants Donate Blood



**The 2016 Miss PNG Pacific Islands Pageant contestants visited the Port Moresby General Hospital blood bank on Monday this week and donated blood. These young women are setting the standard of what it means to be a leader by getting involved in charity work and giving back to the community.**

These five young women are vying to become Miss Pacific Islands to represent the country at the 30th annual Miss Pacific Islands Pageant in Apia, Samoa on the 27th Nov to 2nd Dec.

The beauties were led by the reigning Pacific Queen, Miss Abigail Havora and accompanied by the patron of the Miss PNG Pacific Pageant and the wife of our Prime Minister, Lynda Babao-O'Neill.

Patron, Ms Lynda Babao-O'Neill thanked these women for taking this great opportunity to visit the blood bank and most importantly, donate blood to save lives.

Ms. Babao-O'Neill said the Youth Blood Drive and the Corporate Blood Drive have provided more insight into the benefits of donating blood not only to the recipient but for the donor as well.

Miss Italzpreziosi a pageant contestant acknowledged the hard work of the blood bank team and appreciated a visit from Lady O'Neill and PMGH CEO Mr. Grant R. Muddle.

## Congratulations to ExxonMobil for donating 120 life-saving bags of blood



The Port Moresby General Hospital Chief Executive Officer, Mr. Grant R. Muddle and the Corporate Blood Drive Director, Ms Anna Megueria thanked the ExxonMobil PNG team for donating a huge 120 life-saving bags of Blood last Wednesday and Thursday.

"What an effort, what an excellent effort! Well done 120 bags in two days is a massive achievement, and that brings it to 212 bags donated by ExxonMobil this year alone", Ms. Megueria said. Ms Megueria thanked the team at ExxonMobil for organising another drive and getting more employees donating blood and saving lives. It is hard to find time in our seemingly ever busier schedules to do something charitable - like saving somebody's life, somebody's baby, somebody's wife, husband, mother and dad", Anna said.

Chief Executive Officer Mr. Grant. R. Muddle further congratulated the ExxonMobil team for donating the massive 120 bags of life-saving blood in two days. "You guys ROCK. 212 bags YTD and 120 bags in 2 days it is with support like this that we are able to save lives every day, thank you Exxon Mobil and I truly mean it", Mr. Muddle said.

**50**  
Average Daily  
Blood Donations  
Collected at PMGH



## Urban Youths Donate 125 Life-Saving Bags of Blood



**On behalf of the Port Moresby General Hospital and the Youth Blood Drive Team, we would like to say a huge thank you to everyone who donated blood at Urban Youth Development project. The Youth Blood Drive Team managed to collect 125 life-saving bags of blood.**

These young people are currently undergoing skills training facilitated by Pacifica Limited to work for FIFA U-20 Women's World Cup next month. Pacifica Ltd managing director, David Newton said 860 youths are getting skills training in communication, leadership, customer service, emergency and evacuation, occupation, health and safety and gender-based violence for over a month now.

"This youth blood drive collection is timely because it displays the training that these young people have learned in upholding the values of families,

community and the country." Mr. Newton said.

One of the youths and a regular blood donor, Geoff Elliot, was thankful for this new initiative. Geoff first started donating blood in high school and is happy to be a part of this life-saving mission and encourage his friends to do the same.

Founder and director of the Youth Blood Drive, Ms. Anna Megueria said: "Donating blood is not just about saving lives, it's about getting feedback on your health and learning about how to lead a healthy lifestyle which in return brings us healthy blood donors."

"Our mission is to make sure that no one dies at the hospital from the lack of blood. We need to get blood in stock, and with your generous donations will preserve blood for those in need," Ms. Megueria said.



## Video-Assisted Thoracoscopic Surgery (Vats) Procedure Performed At Port Moresby General Hospital



**Completing the first successful video-assisted thoracoscopic (chest) surgery or VATS procedure in the country is another milestone for the surgical fraternity in PNG and credit must go to the Port Moresby General Hospital (PMGH) surgical and anaesthetic teams as well as the radiology and nursing team.**

PMGH Cardiothoracic surgeon and coordinator for surgery Dr Noah Tapaua has thanked the PMGH management for supporting this development in allowing the team to carry out this procedure, and for Karl Storz for lending the thoracoscope to do the procedure.

Video-assisted thoracoscopic surgery or VATS is a thoracic (chest) surgery performed by the insertion of an endoscope, a narrow-diameter tube with a camera attachment through a very small incision (cut) in the chest wall.

The surgeon is able to view the instruments being used along with the structure of the organ being operated.

VATS provides adequate visualisation despite limited access to the thorax (chest) it allowed procedures to be performed in fit patients and those with marginal pulmonary reserve," Dr Tapaua said.

The VATS procedure was carried out on a patient to remove the clot and the collection of air between lung and the chest wall (pneumothorax) as a result of stabbed wound on his right chest. The patient, a 41-year-old male is from Kinipo village of Baimuru district in Gulf province.

He was attacked by thugs at the Sabama bus-stop in Port Moresby while with his work mate. He was then rushed to PMGH and clinical examination revealed a right Haemopeumothorax (air and blood in the right chest).

Dr Tapaua said the VATS procedure was done when the patient was under general anaesthesia lying on the left side (left lateral decubitus position).

Two small cuts (2cm incisions) were made, one at the 5th intercostal space, anterior mid-axillary line for the working port and another at the 8th intercostal space posterior mid-axillary line for the camera (thoracoscope).

A full examination of the chest cavity was made and the clot was removed using a sucker. The stabbed wound site and portion of the lung involved in gas transfer (lung parenchymal) was also examined before a chest tube was inserted under the thoracoscopic guidance and secured in position.

The right lung was re-inflated (revived) and the port sites were stitched with a medical device used to hold body tissue together after a surgery called sutures and the patient was awakened (anaesthesia reversed).

The patient was then extubated, meaning the tubes were removed, and he transferred to ward seven in a haemodynamically stable condition, meaning the blood pressure between 70 and 80 mmHg. The patient underwent the VATS procedure on the 21st of July and was discharged from the ward four days after the procedure.

The patient was advised on discharge to come back for follow up within a week. He was advised against underwater diving, travelling by air or on long bumpy roads for the next six weeks.

He was also advised against smoking. Dr Tapaua said the advantages of VATS is avoidance of Thoracotomy incision (opening of chest through operation), a shorter operative time, less postoperative care and earlier return to normal activity than open chest surgery.

He added the risks involved in using VATS were similar to conventional thoracic surgery includes injury to major vessels and viscera, infection, nerve damage, anaesthetic complications with one lung ventilation (poor tolerance to one-lung ventilation).

However, he said VATS is used in both diagnostic and therapeutic pleural, lung and mediastinal surgery. Specific indications include;

- Stapled lung biopsy
- Lobectomy or pneumonectomy
- Peripheral pulmonary nodule resection
- Evaluation and biopsy of mediastinal tumors or adenopathy
- Pleural biopsy
- Bullectomy
- Treatment of recurrent pneumothorax
- Management of loculated empyema
- Pleurodesis of malignant pleural effusions
- Repair of bronchopleural fistula
- Management of chest trauma
- Pericardial window
- Sympathectomy
- Truncal vagotomy

"I was trained to do VATS during my two-year fellowship training in Australia between 2007 to 2008. The PNG team has been doing laparoscopic (abdomen) surgery since Professor Sidney Chung introduced the technique in 2004 and the principal for both laparoscopic and VATS is similar but technically they have their differences," Dr Tapaua said.

Dr Tapaua concluded that VATS has its own challenges and it is another surgery that one has to learn and master.

"There is a learning curve and requires patience. The procedure has its limitations and risks. Some of the advantage includes minimal invasive surgery, small scars and short length of hospital stay," he said.

## October- Heart-Felt Program



**This October's Heart felt program came alive with dancing from critical care nurses at the Port Moresby General Hospital, adding to the excitement 86 staff birthday's were also celebrated with cake.**

A very big thank you to the Critical Care department staff of PMGH for leading the heart felt program last Friday. Some of the nurses, doctors and general services staff of PMGH received certificates for their hard work. Nursing services division, Sister Theresia Miae, who looks after patients at TB ward, picked up two awards, nurse of the month and the employee of the month.

The critical care department also acknowledged the blood bank department for working tirelessly,

and recently broke a record of most blood collected at PMGH in one day with a total of 107 bags of blood. The critical care department presented the blood team with a gift to show their appreciation. CEO, Mr. Grant R. Muddle added that the blood bank has done very well in this month's blood collection due to several Youth Blood drives and Corporate blood drives being conducted.

"We know, we need to collect blood now and as much as we can while we can as we coming near to Christmas, schools start closing, business houses start closing and we know that there is low amounts of blood collected during this time, thank you for all your efforts". Mr. Muddle said.

## 15 Paediatric Heart Patients Lined Up For Operation Open Heart In February Next Year (2017)



The fifteen paediatric heart patients are ready to undergo Operations Open Heart (OOH) at the Port Moresby General Hospital in February next year (2017).

PMGH cardiothoracic surgeon and surgery coordinator, Dr. Noah Tapaua said these patients had been screened and are ready for heart operations.

"The PMGH heart specialist team will be assisted by the Open Heart International team of Australian doctors," Dr. Tapaua said. "The team visits PNG twice annually to perform operations mainly on children who have heart problems. Their two visits will be in February and August.

Dr Tapaua said since the establishment of the OOH 23 years ago, visiting doctors had been training local doctors who are now trained and capable of conducting most of the operations themselves. "The visiting team members have become smaller and smaller because local doctors and nurses at PMGH are getting more skilled and can do the operations themselves," Dr. Tapaua said.

Dr. Tapaua added that PMGH also received two visits annually from another team of heart specialist from Singapore to perform operations on adult heart patients. The Singapore team will visit PMGH in April and October next year.

Dr. Tapaua further stated that the funding raised for this year went towards buying consumables, equipment and drugs and supporting doctors and nurses' trainings to continue the heart operations at PMGH.

## Port Moresby General Hospital Receives K110,000 from PNG Malaysian Association

The Port Moresby General Hospital was one of the recipients of the funds raised last Saturday (Oct 29th), during the exclusive dinner held at the newly opened Stanley Hotel in Port Moresby.

PNG Malaysian Association presented a cheque of K110,000 to Port Moresby General Hospital CEO, Mr. Grant R. Muddle from the funds raised during the event. CEO Mr. Muddle thanked the MAPNG on behalf of all recipients "the support offered specifically to PMGH has assisted in the improvements and change that has happened over the past few years."



MAPNG president, Mr. Chew Pang Heng who spoke during the presentation dinner said this charity drive had come a long way, and thanked the sponsors for their invaluable efforts in supporting MAPNG to this far. "This year's event marked the 16 years, since its inception. Having come this far, MAPNG strives to expand from this year's event, come next year," Mr. Chew said.

