

UNDER

THE SCOPE

HEALTH CHRONICLES



Main Feature



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MESSAGE BY

HON. JAHNEL NISBETT

Senator/ Minister Health, Gender Affairs and Social Empowerment

Dear Readers,

It is with great pleasure that I extend warmest welcome to the inaugural edition of our digital magazine for health. This publication is brought to you by the dedicated team at the Nevis Health Promotion Unit. With so much data at our fingertips, we often struggle to keep abreast and dissect an overwhelming amount of information. Staying informed about relevant health events and initiatives can often feel like trying to find a needle in a haystack.

That is why this digital publication is such a vital resource as it provides a comprehensive overview of the past quarter's health-related activities while offering a glimpse into the exciting events on the horizon for the next quarter. As we embark on this journey together, I am reminded of the profound impact that effective communication and community engagement can have on promoting health and well-being. To all our readers, I encourage you to delve into the pages of this publication, absorb the valuable insights and information it offers, and join us in our collective pursuit of a healthier, happier future for all.

— *Message by*

Mrs. Shelisa Martin Clarke

Permanent
Secretary
Ministry of
Health, Gender
Affairs & Social
Empowerment



As Permanent Secretary with responsibility for Health, I am delighted to endorse the launch of this innovative digital magazine "Under the Scope", dedicated to health information, health promotion and wellness in our community. In today's modern era where information is at our fingertips, "Under the Scope" will serve as a valuable resource, delivering trending statistical data, insightful interviews, expert advice and practical health and wellness tips to help individuals and families make informed decisions about their health and wellbeing.

This digital magazine comes at a crucial time when preventative healthcare and wellness education are paramount. By promoting healthy living and providing access to reliable information, "Under the Scope" can and will contribute significantly to our collective efforts in improving public health outcomes. Join us as we embark on this landscape of digital health by subscribing to "Under the Scope" today.

CHEERS TO THE SUCCESS OF THIS DIGITAL MAGAZINE AND THE POSITIVE
IMPACT IT WILL HAVE ON PROMOTING HEALTH AND WELLNESS.

UNDER THE SCOPE



GREETINGS BY

The Coordinator of Nevis Health Promotion Unit

Welcome to the launch of "Under the Scope," our quarterly digital health magazine!

Ms. Nadine Carty



We express our sincere appreciation to all healthcare professionals featured in our inaugural edition. Your contributions, knowledge, and insights have truly made this venture possible. We would like to thank the Information Technology (IT) Department for hosting the link. We eagerly anticipate the future contributions from other healthcare professionals and other partners.

We warmly invite our readers to explore this first edition, hoping you find the information both insightful and valuable. You can access the magazine at <https://nia.gov.kn/> or [Nevis HPU, Health Promotion Unit Nevis Facebook pages](#).

A heartfelt thank you goes out to the dedicated team at the Health Promotion Unit for their unwavering support and contributions to the magazine, as well as to the Ministry of Health for its invaluable endorsement. Special recognition to Ms. Shelagh James, our Editor-in-Chief, and Ms. Oceana O'Loughlin, our talented designer.

We eagerly invite feedback from our readers as it holds immense value for us, as we continuously strive for improvement.

Thank you for joining us on this journey towards better health for all.

REMEMBER, GOOD HEALTH IS IN YOUR HANDS.

Nevis Health Promotion Unit January- March Activities



January

- Cervical Cancer Awareness Month
- 28th January- SKN Moves Nevis Chapter - 2 Mile Bike Relay



February

- 4th February-World Cancer Day
- 14th February-My Safe Love Campaign
- 21st February- SKN Moves Nevis Chapter & ICDF Health Screening
- 28th February- Fitness in the Tropics - Heritage Trail



March

- 1st March -Fun Run in The Sun
- 4th March -World Obesity Day
- 14th March -World Kidney Day
- 16th March -Fitness in the Tropics- Beach Yoga
- 22nd March -World Water Day
- 23rd March -SKN Moves Nevis Chapter Half Island Run Relay

RAPID HIV TESTING SCHEDULE

Rapid HIV testing is currently offered at the Health Promotion Unit and Gingerland Health Center on a walk-in basis (see flyer below for specific days). This service is offered free of charge and results take approximately 20 minutes. At the Health Promotion Unit and Gingerland Health Center, we provide a confidential and judgement free environment. We are also LGBTQI+ friendly.

Every person who has ever engaged in or who plans to engage in sexual activity should make regular HIV testing part of their healthcare routine.

Some reasons that should prompt you to get tested more often include: introducing a new sexual partner, uncertainty about the sexual activities of current partner(s), symptoms of HIV and/or other sexually transmitted diseases (STDs).

Our goal at the Health Promotion Unit is to stop the spread of HIV in Nevis by:

- a. Providing education and contraceptives to prevent the transmission of HIV.
- b. Identifying persons already infected with HIV, and then getting linked to treatment with the hopes of becoming undetectable.

HIV positive persons with an undetectable viral load have very little virus in their blood stream. In this case, transmission of HIV to a partner is highly unlikely. However, it is important to note that maintaining an “undetectable” status depends heavily on proper use of HIV medication called antiretroviral therapy (ART), if person’s are not following the recommended medication schedule, the amount of virus in the body can increase and HIV can be transmitted to partners.



MS. TERYSIA HERBERT, MPH
Education and Prevention Officer

Walk-in HIV Testing Schedule

MONDAY
Health Promotion Unit

TUESDAY
Health Promotion Unit

WEDNESDAY
Health Promotion Unit

THURSDAY
Health Promotion Unit

FRIDAY
Gingerland Health Center

IT IS ABOUT TIME

Testing Site Contact Information:
 Charlestown Health Center (469-5521 ext 2052)
 Combermere Health Center (469-9323)
 Gingerland Health Center (469-3124)
 Health Promotion Unit (469-8010)

Calendario de Pruebas de VIH sin cita

LUNES
Health Promotion Unit

MARTES
Health Promotion Unit

MIÉRCOLES
Health Promotion Unit

JUEVES
Health Promotion Unit

VIERNES
Gingerland Health Center

¡Ya era hora!

contactos para los sitios de prueba:
 Charlestown Health Center (469-5521 ext 2052)
 Combermere Health Center (469-9323)
 Gingerland Health Center (469-3124)
 Health Promotion Unit (469-8010)

Understanding how HIV and other STDs operate and are transmitted helps us to make better decisions to protect ourselves and those we love. Stop by our office for more information about HIV and other STDs and to get your Rapid HIV Testing!



Under the Scope Feature

INTRODUCING DR. TIVON BROWNE

DISTRICT MEDICAL DOCTOR



Dr. Tivon Browne was born on the island of St. Kitts at the JNF General Hospital on the 5th of May 1992 to parents Hyacinth Pemberton and Stanley Browne. Dr. Browne is the first of five siblings. He attended The Jocelyn Liburd Primary School formally known as the Gingerland Primary School. One of his earliest impressive achievements at primary level was being awarded the best test of standards in science at The Gingerland Primary School.

Question? Dr. Browne, you would have been 12 years old when you were awarded best test standards results for Science. Do you think, on reflection, this had any influence on your chosen career path?

“Even though I had already set my mind towards becoming a doctor at that time; when I got best results for Science in my school it further solidified the possibility of achieving this goal.”

Having excelled through primary level, Browne continued to soar on an upward trend at his high School at Gingerland Secondary.

Dr Tivon Browne MD Msc Masters in Public Health

He selected subjects required to fulfill his long-term career ambition in becoming a doctor.

Question? Dr. Browne, you are fourteen years old and the five-year-old child in you has kept your dream alive of becoming a doctor. Were there any stumbling blocks that may have swayed you away from your ultimate dream, for example peer pressure? “The work in high school was a bit more difficult than first anticipated and at times I wondered if I had what it took to make it.

Also, at this time gangs were on the rise in St. Kitts and Nevis and that lifestyle captured a few of my peers who would encourage me to join them as well, but I always kept in mind what I wanted for myself and that was becoming a doctor. I also owe it to my parents, teachers, and the church for being positive influences in my life.



**MS. SHENEL NISBETT
HEALTH STATISTICIAN**



DATA FOR ACTION CORNER

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 among departments.

This edition of Data Corner explores Vital Statistics and Communicable Diseases with some insightful figures.

Summary of Vital Statistics Nevis

The Register General Department (RGD) is the main repository of Vital Statistics for the island of Nevis. However, there are two District Registrars responsible for recording events (deaths and marriage) that occurs within their district.

Health Indicators	2022	2023
Estimated Population	12,965	13,030
Total Births	105	98
Crude Birth Rate	8.1	7.5
Total Twin	0	2
Total Teenage Births	9	5
Total Deaths	114	104
Crude Death Rate per 1000 Population	8.8	8
Total Still Births	0	0
Infant Mortality	0	1
Deaths in children 1-4 years	1	0
Under 5 Mortality	1	1
Natural Decrease/Increase	-9	-6
Natural Decrease/Increase Rate per 1000 Population	-0.7	-0.5
Marriages	89	67
Crude Marriage Rate per 1000 Population	7	5.1
Low Birth Weight	17	-
Low Birth Weight Rate	16.2	-



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

Event- Based Surveillance

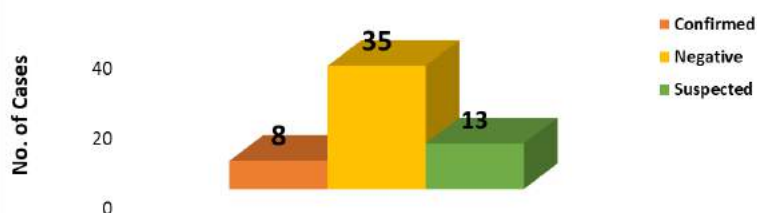
Event- Based Surveillance is based upon the reporting of unusual public health events directly to the Health Promotion Unit. This includes reports of unusual illness, unexpected outcomes and clusters of disease by Healthcare providers.



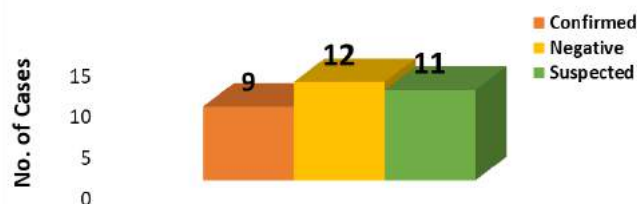
Reported Communicable Diseases January - March 2024

Syndrome	2023	2024
Acute Haemorrhagic Conjunctivitis	0	1
Fever & Respiratory Symptoms (ARI)	61	37
Chicken Pox	0	2
Ciguatera Poisoning	7	6
COVID-19	2	29
Dengue Fever	0	56
Diarrhea	27	10
Foodborne Illness	2	4
Gastroenteritis	117	39
Influenza	4	10

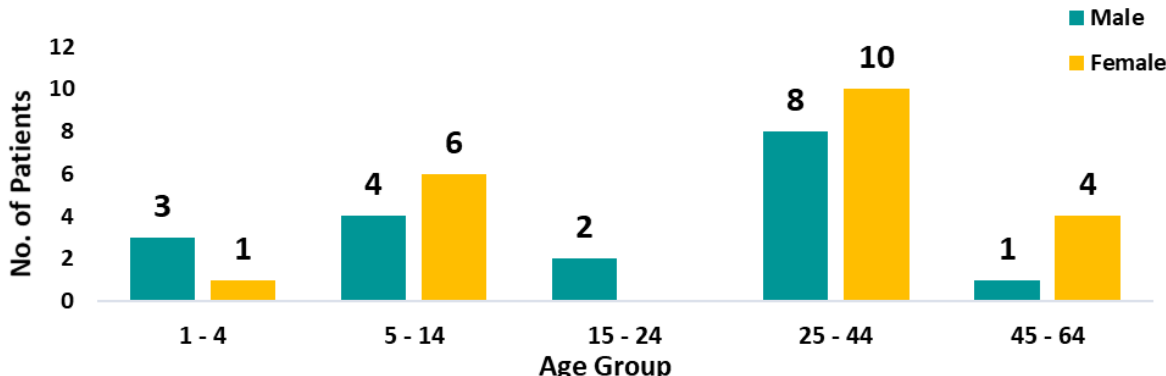
Graph Showing Dengue Fever Cases 2024



Graph Showing COVID-19 Cases Jan - Mar 2024



Graph Showing Gastroenteritis by Age Group 2024

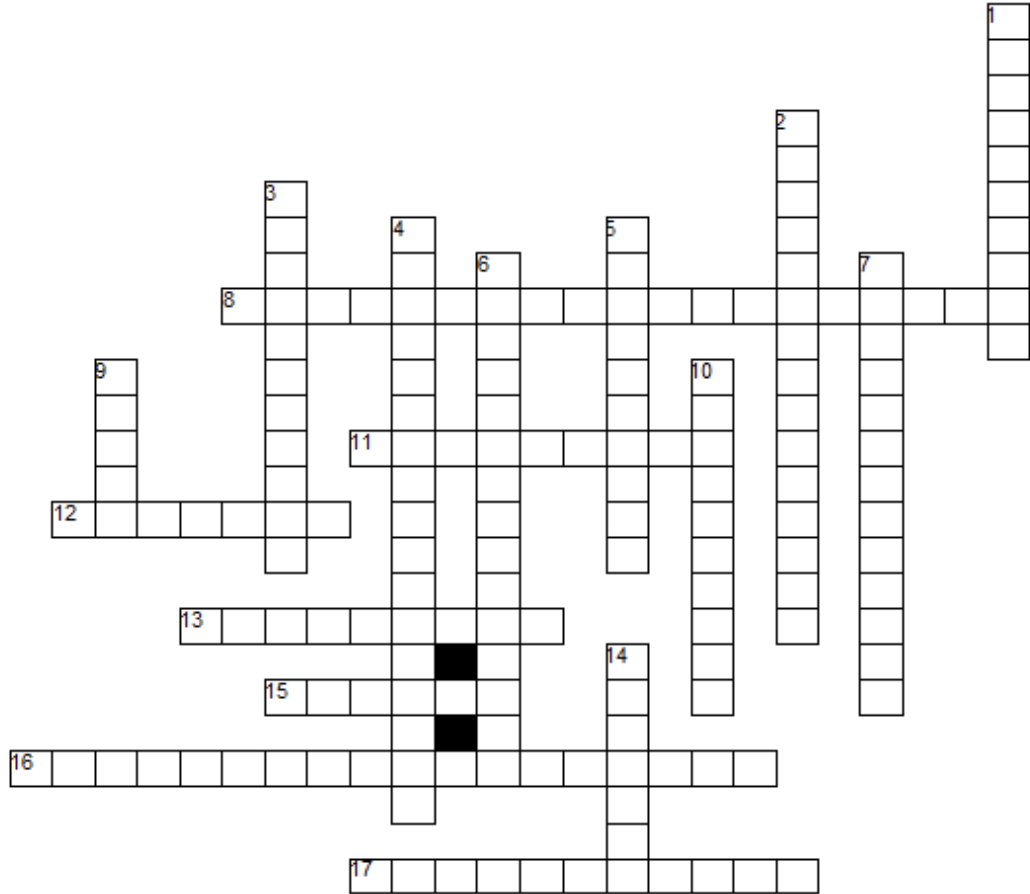


Healthy Portion Tips and Quiz



CROSS WORD PUZZLE

Health Care Careers Crossword Puzzle



Across

- 8. Maintain or change the health status of the patient over time.
- 11. A person who is responsible for the planning of individual therapeutic meals to help promote healing.
- 12. Doctors who specialize in the care of the teeth and mouth .
- 13. Tools you use for a specific task .
- 15. The common name for a physician: a person skilled in the healing arts .
- 16. Create a picture of patient health status at a single point in time .
- 17. Examines eyes for vision problems and defects.

Down

- 1. A person who dispenses and suggests medications to be used in the treatment of diseases and disorders.
- 2. Provide a therapeutic environment for the delivery of health care.
- 3. A physician specialty who specializes in the diagnosis of diseases and infections by examining cells, tissues, and body fluids of patients .
- 4. Provide functions that support and document patient care .
- 5. Relating to or using the methods or principles of science.
- 6. Provides total patient care by assessing a patient's condition, administering medications, dressing changes, starting IVs, giving blood and other treatments.
- 7. Use scientific and technical advancements to enhance diagnostic and therapeutic abilities in health care.
- 9. Also called heart beat.
- 10. A scientist that studies human genes.
- 14. An individual awaiting or under medical care and treatment.

Word Bank

- Optometrist * Registered Nurse * Dentist * Dietician * Scientific * pathologist * Support Services
 * Patient * Diagnostic Services * Doctor * Geneticist * Therapeutic Services * Biotechnology
 * Health Informatics * Pulse * Pharmacist * Equipment

Fact or Fiction?

Owning a dog can lower your risk of heart disease.

Vegetable chips are better than potato chips.

Canned soups and vegetables contain large amount of salt.

Laughter can increase blood flow by 20%.

Flavored yogurt is healthy.

Taking a multi- vitamin can make up for a poor diet and prevent disease.

1. Fact 2. Fiction 3. Fiction 4. Fact 5. Fact 6. Fiction

BALANCED AND NOURISHED

Healthy Recipes



Ms. Oceana O'loughlin
Health Educator

Infused Water Recipes



Michael Henville
Executive Chef

Healthy Snack Recipes

Basil, Lime, Ginger and Lemon Grass



Ingredients

- 1 handful basil
- 1 Lime (Sliced)
- leaves of lemon grass (6 leaves)
- 1 Thumb size piece of ginger (sliced)

Directions

- Add to a large pitcher a handful of basil, sliced lime, thumb sized piece of ginger (sliced) and 6 lemon grass leaves.
- Pour ice cold water and mix vigorously to create an aroma.
- Pour and sip and enjoy the lovely aromatic flavors of this refreshing infusion.

Cabbage Pancakes Recipe



Ingredients

- 8 oz. cabbage
- 2 eggs
- ¼ cup chopped dill
- 3 TBSP chopped basil
- 2 TBSP chopped thyme
- ¼ tsp. salt (or to taste)
- ¼ cup all-purpose flour
- 1 tbsp. oil (I used grapeseed)

Directions

1. Cut the cabbage thinly, like you would for coleslaw, and place it into a mixing bowl.
2. Add the eggs, salt, and herbs. Stir well.
3. Add the flour and stir again.
4. Heat up the oil in a non-stick skillet over medium heat. Add the cabbage mixture and flatten it with a spoon (it should be about ¼ - 1-inch thick).
5. Cover the pancake with a lid and cook for about 5-7 minutes. Flip with the help of a plate, and then cook it for another 5-7 minutes.

NUTRITION

Calories: 215kcal Carbohydrates: 19g Protein: 9g
Fat: 12g Saturated Fat: 2g Cholesterol: 164mg
Sodium: 403mg Potassium: 275mg Fiber: 3g
Sugar: 4g Vitamin A: 575IU Vitamin C: 44mg
Calcium: 76mg Iron: 2mg

Star Fruit, Cucumber, Lemon, Mint Infused Water



Ingredients

- 1 Starfruit (Sliced)
- 1 Cucumber (Sliced)
- 1 Large Lemon (Sliced)
- Handful of Fresh Mint

Directions

To a pitcher, add 1 starfruit (sliced), 1 cucumber (sliced), 1 large lemon (sliced), and a handful of fresh mint. Muddle ingredients and fill pitcher with ice-water.

Green Smoothie



Directions

- Place the banana, kale, soy milk, flax seeds, and maple syrup into a blender. Cover, and puree until smooth. Serve over ice.

Ingredients

- 1 banana
- 2 cups chopped kale
- ½ cup light unsweetened soy milk
- 1 tablespoon flax seeds
- 1 teaspoon maple syrup



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



The Orange Life

Healthy orange-colored veggies and fruits for your health.

Orange vegetables and fruits have many health benefits. Let's check them out.

01. To increase our body immunity system

The content of vitamin B6 found in carrots and pumpkins has a role in blood cell growth and protein metabolism. Moreover, this vitamin also helps our body's immunity system in producing antibodies to fight against any diseases/illnesses.

02. To protect our heart

Studies show that high levels of alpha and beta-carotene can decrease or reduce the mortality risk caused by cardiovascular.

03. To protect our vision

Studies show that high levels of alpha and beta-carotene can decrease or reduce the mortality risk caused by cardiovascular.

04. To increase beta-carotene

Beta-carotene is one of the antioxidant substances that can be found in carrots, potatoes, and pumpkins.

HIPPOCRATES

"Let food be thy medicine and medicine be thy food."

How many colors do you find in your meal? More than one or two, or even colorless? Didn't you know that based on some research, the color from vegetables and fruits can influence your health because the pigment from those natural colors is effective as an anti-cancer, for example.

I bet that the most common vegetables we know are the green ones. But, there are also beneficial and special merits we can get from orange vegetables, such as carrot, pumpkin, bell pepper, etc. Why?

Not only pleasant visually, but they are also surely tasty. So, don't forget to put them on your daily diet. Stay healthy and stay safe, happy people!



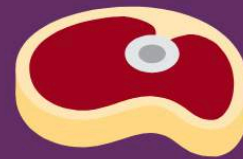
PINCH, DON'T POUR



6 TIPS



1. Pinch, don't pour.



4. Use fresh local meats which contain more flavor.



2. Add salt at the end of the cooking process.



5. Marinate with unsalted seasoning longer to infuse more flavor.



3. Use fresh seasonings for more flavor.



6. Use dried seasonings that do not have salt added.

SHAKE the SALT Habit

NEVIS DENTAL HEALTH UNIT



HOW TO TAKE CARE OF YOUR SMILE.



Ms. Robhena Wilkinson
MS. Dental Therapy
Dental Therapist

There are several causes of caries . These may include the presence of Streptococcus Mutans Bacteria in your mouth, snacking frequently between meal, consuming lots of sugary drinks and not brushing regularly after meals, especially at nights.

Applying preventive strategies such as:

- brushing after meals and just before going to bed (since it only takes a few minutes for the formation of acids to attack the teeth)
- reducing the consumption of sugary foods and drinks to inhibit acid formation
- flossing at least once daily to remove food debris and plaque (a colorless film of bacteria that forms on the teeth and leads to tooth decay)
- eating foods rich in calcium and phosphorus such as milk, cheese, and nuts.

Children need healthy teeth for chewing, speaking clearly and having a good facial appearance. Today, children have a chance to grow up with a clean healthy mouth and cavity free teeth.

Dental Caries is a Non - Communicable infectious disease that effects people of all ages of which children are more susceptible.

Children with caries or cavities usually suffer from infections, toothaches, difficulty chewing, low self esteem and absenteeism in school attendance.

The Gingerland Dental Unit commenced its annual Oral Health examination in six(6) primary schools during the months of October and November, 2023. The grades 1 and 6 students were selected for this programme. The children were examined and those with cavities were treated. Data showed **46.67%** of the children **had one (1) or more cavities** from a total of 165 children. In light of this, parents are asked to supervise and assist the grade 1 children with the brushing of their teeth, especially at nights. The children of grade 6 are also encouraged to brush after meals, particularly at nights. **Parents are reminded to make dental cleaning appointments for the children every six (6) months.**

NEWS

IN

BRIEF

The Theme for World Kidney Day is *advancing equitable access to care and optimal medication practice*.

Chronic Kidney Disease (CKD) is estimated to affect more than 850 million people worldwide and resulted in over 3.1 million deaths in 2019. Presently, kidney disease ranks as the 8th leading cause of death and if left unaddressed, it is projected to be the 5th leading cause of years of life lost by 2040.

Over the last three decades, CKD treatment efforts have centered on preparing for and delivering kidney replacement therapies. However, recent therapeutic breakthroughs offer unprecedented opportunities to prevent or delay disease and mitigate complications such as cardiovascular disease and kidney failure, ultimately prolonging the quality and quantity of life for people living with CKD.

These new therapies should be universally accessible to all patients, in every country and environment. There are several barriers that contribute to profound disparities in accessing treatments; such as the lack of CKD awareness, insufficient knowledge or confidence with newer therapeutic strategies, shortages of kidney specialists, and treatment costs. This is most evident in low and middle income countries, but also in some high income settings.



Members of the Nevis Renal Society and Hon. Jahnel Nisbett

WORLD KIDNEY DAY

In a recent television interview members of the Renal Society each gave candid accounts of the day-to-day operations of the Renal Society. They spoke in detail about the pending week of activities in observation of World Kidney Day celebrated annually on the 14th, March. Dr. Glenville Liburd raised many issues pertaining to the theme for this year's observation highlighting many of the points as addressed in the paragraph below.

Achieving optimal kidney care requires overcoming barriers at multiple levels while considering contextual differences across the world regions. These include gaps in early diagnosis, lack of universal health care or insurance coverage, low awareness among health care workers, and challenges to medication cost and accessibility.

PROSTATE SCREENING



Dr. Dwayne Thwaites and Dr. Brian Cohan

For the last 17 years Dr. Thwaites and Dr. Brian Cohan of the Urology Associates have been performing annual prostate screening to men in the Federation of St. Kitts and Nevis. This year 608 men on Nevis registered for the screening services which are offered free of cost. A small price to pay for a simple life saving procedure.

Your prostate is about two inches inside your rectum. It is between your penis and your rectum, and it feels soft or rubbery.

When you touch your prostate externally or internally, you may feel a sudden urge to pee.

What are the 5 warning signs of an enlarged prostate?

Symptoms

- Dribble at the end of urinating
- Inability to urinate (urinary retention)
- Incomplete emptying of your bladder
- Incontinence
- Need to urinate 2 or more times per night
- Pain with urination or bloody urine (these may indicate infection)
- Slow or delayed start of the urinary stream.
- Strain to urinate

African-Caribbean men over 40 have the highest rate of prostate cancer and should consider screenings at age 40 . African American men with a first-degree relative diagnosed with prostate cancer are considered high risk and should consider screening at age 40.

The Caribbean has one of the highest age-standardized prostate cancer incidences in the world with 76 cases per 100 000 population per year (March 24, 2020)

One possible explanation for the higher serum PSA (Prostate Specific Antigen) values among black men is that black men may have a greater degree of inflammation within the prostate.

References taken from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8961354/>



Prostrate Screening at The Occasions Entertainment Arcade

IN GOOD HEALTH

BY THE COMMUNITY HEALTH NURSING SERVICES

Primary Health Care continues in its endeavor to meet the health needs of people in their environment. It focuses on disease prevention and control and advocates the continuity of improved health and well-being.



Nurse Deslyn Tyson Whyte
Coordinator of Community Health Nursing
(Nevis)

Nevis Health Center Services

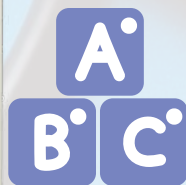


Antenatal Clinic - **twice per month**- may be 3 depending on how the month falls. Pregnant women get assessed throughout pregnancy. Motherhood expectations education is also given.

Infant Clinic - **twice per month**- babies are assessed for growth and development, immunizations are given and education sessions for parents.

Toddlers Clinic - **quarterly**- toddlers are assessed for growth and development. Immunizations are given and education sessions for parents.

Papsmear and Family Planning - **once a week**- each health center has a different day each week papsmears 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 per month** - education sessions on various health topics for men. Vitals checked and assessed.

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

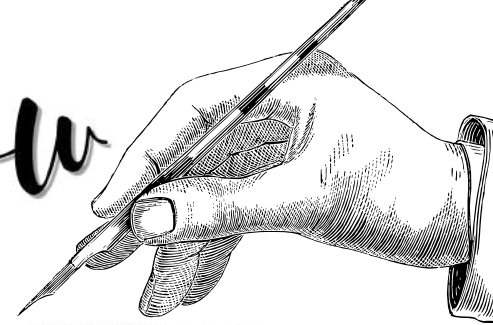
Importance of Exercise

Regular exercise is of great importance for individuals living with NCDs such as Hypertension (high blood pressure) and Diabetes (high blood sugar). It offers several key benefits that can help manage and improve their condition:

- Helps lower blood pressure
- Improve cardiovascular health
- Manage weight
- Increases flexibility and strength, reducing the risk of injuries and improving overall physical function
- Reduces stress levels
- Enhances mental well-being
- Improves insulin sensitivity
- lowers the risk of developing type two diabetes

It is important for individuals with hypertension to consult their healthcare provider before starting an exercise program to ensure it is safe and appropriate for their specific condition.

In the know



Advertisements



Behavioural Health & Wellness
Centre
Ministry of Health, Gender Affairs &
Social Empowerment
Nevis Island Administration
Cedar Grove, Prospect Estate
St. John Parish, Nevis
Phone: (869) 469-5521 Ext. 6816
(869) 469-5614 (Main Office)
(869) 660-9551 (Mobile & WhatsApp)
behavioural.health@niagovkn.com



FIT

Fitwellness Centre
(869) 469-3481
Opening hours Mon- Fri
5 am – 10 pm
Sat- 8 am – 4 pm
Sun Closed



Cool Blendz
Healthy Choices
1-869-660-1288



NU Life
Ital Cuisine
1-869-764-4696



TASTE OF EDEN
Serving you tasty & healthy
Breakfast & Lunch

- Main Street, Charlestown
Bocane Ceramics Building
- 1-869-469-4761

Opening Hours:
Mon - Fri 7:00-4:00
Sat 8:00-3:00



Sponsors



TAIWAN **TDC GROUP**
ICDF

TOGETHER WE SUCCEED

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**

WHATS HAPPENING IN HEALTH?



Alexandra Hospital Laboratory
VOLUNTEER BLOOD DONOR
SIGN UP WE NEED YOU!

VOLUNTEER DONOR PERKS!

- Faster donation process
- Donate at your convenience
- Free mini check up every time you donate
- Volunteer Donor card

THE ENTIRE MONTH OF APRIL

Don't forget to bring a photo ID

Sign up during lab week for a special gift April 15-19, 2024

Basic requirements
 Ages: 18-65 yrs (16 or 17 with signed consent)
 Minimum weight: 110lbs
 Feeling well and healthy

Tel#: 469-5473 ext 1114
 Blood donation hours: M-F 8:00am - 3:00pm

Location: GMBC Building, Government Rd OR TDC Longstone Building (Apr 5th ONLY)

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

Rx 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

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)



EDITOR'S NOTE

At **Under the Scope Health Magazine**, our vision is to serve as a beacon of health, wellness, and community engagement, bridging the gap between Public Health communication and vibrant storytelling in the Federation of St. Kitts and Nevis.

As the Communications Officer for the Ministry of Health and the Editor-in-Chief for this edition, my dual role underscores our commitment to delivering timely, accurate, and actionable health information to our readers.

I extend my heartfelt gratitude to Ms. Nadine Carty, Coordinator of the Health Promotion Unit and staff for their invaluable contributions to this edition. Their dedication and expertise have been instrumental in shaping the content of our magazine, ensuring that it reflects the diverse health needs and priorities of our community.

I would also like to give a special mention to Oceana O'Loughlin for her exceptional talent and creativity in producing the captivating graphics that enrich our pages. Her artwork brings our stories to life and enhances the visual impact of our message.

Through compelling narratives, informative articles, and interactive features, we aim to empower individuals and communities to make informed decisions about their health and well-being, while fostering a sense of unity and resilience in the face of public health challenges.

From promoting healthy lifestyles and preventive care, to addressing emerging health concerns and promoting annual campaigns; our magazine serves as a trusted source of information and inspiration for the people of St. Kitts and Nevis.

As we launch on May 1st, 2024, I invite you to join us on this collaborative journey toward a healthier, happier future. Together, let's amplify the voices of our community, celebrate our triumphs, and navigate challenges with courage and compassion.

Welcome to our first edition of Under the Scope Health Chronicles Digital Magazine. Welcome to a healthier, more connected St. Kitts and Nevis.

Cheers!

Shelagh James
Editor-in-Chief




Ms. Shelagh James
Communications Officer



GIVE YOUR FEEDBACK .

What do you think
of our First
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.

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 resource persons 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

CONTACT DIRECTORY

- **EMERGENCY SERVICE/ AMBULANCE - 469-3333**
 - **FIRE AND RESCUE - 469-3444**
 - **ALEXANDRA HOSPITAL - 469-5473/469-5474**
 - **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**
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- **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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