

WESTERN HIGHLANDS PROVINCIAL HEALTH AUTHORITY (WHPHA)

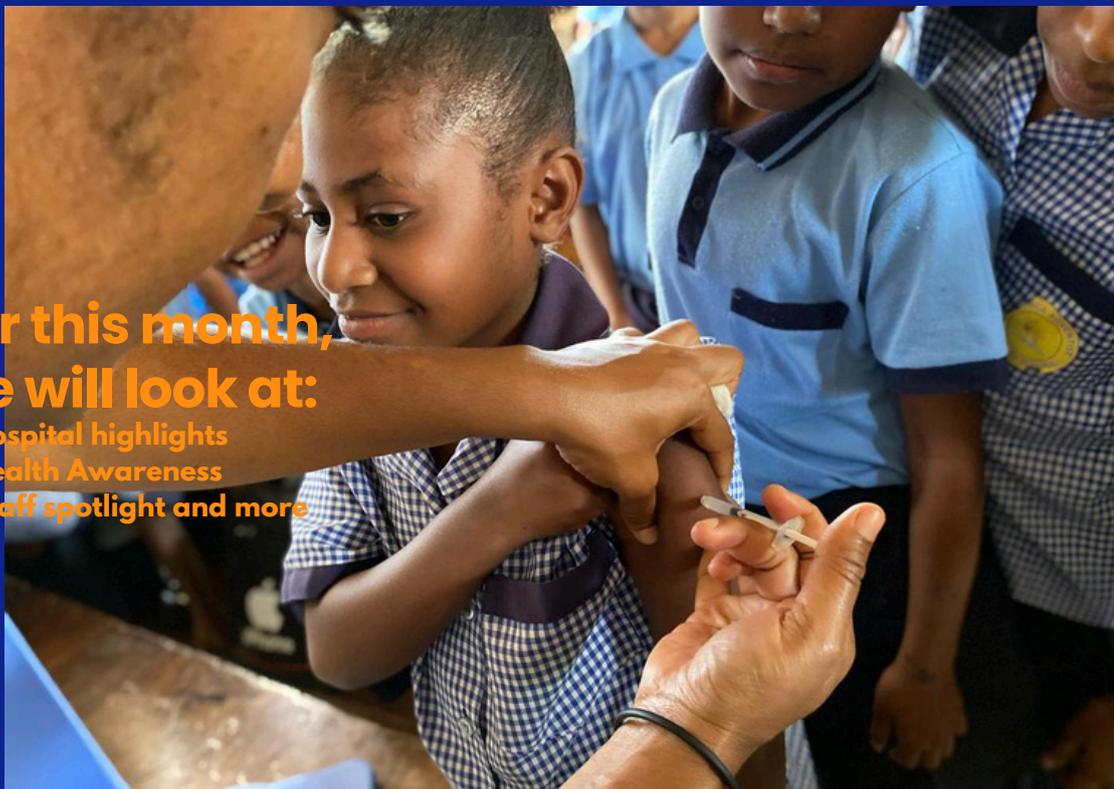


-FEBRUARY 2026-

MONTHLY BULLETIN

**For this month,
we will look at:**

- 1. Hospital highlights
- 2. Health Awareness
- 3. Staff spotlight and more



Vision: A healthy Western Highlands with high-quality services valued by people who access them including regional hospitals.



GREETINGS AND WELCOME TO OUR FEBRUARY BULLETIN



Dear all,
We are excited to share with you this month's highlights and achievements. February brought its challenges, yet it also showcased the remarkable dedication of our health professionals across Western Highlands Province. Even with the high number of patients seeking care, our teams went above and beyond to serve everyone with compassion and excellence. Their unwavering commitment is a true reflection of our mission to deliver quality healthcare to all.

Staff Spotlight

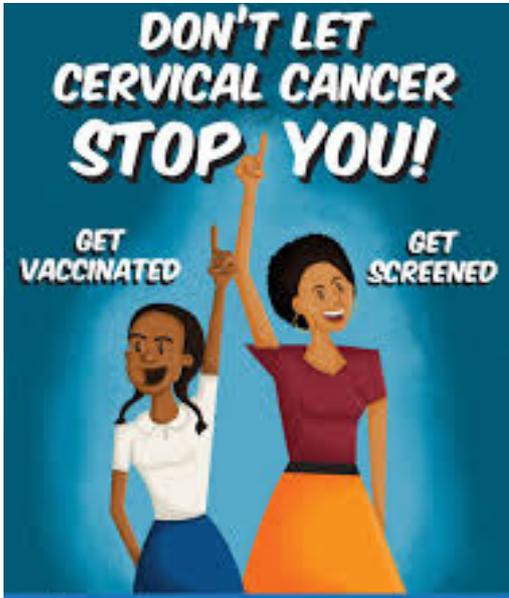
- **Healthcare worker of the month:** Sr Karato
- **Name:** Nazie Karato, (Sister-in-Charge for the ED & AOPD)
- **Division:** Nursing
- **Years of Service:** 18 years
- **Achievement:** Attained a Bachelor's in Acute Care Nursing-Intensive Care from the University of Papua New Guinea (UPNG) in 2017
- **Advice:** Always serve patients with kindness, for in your care, you may help save a life. Give your best, and the blessings of your good work will follow."
- **Why recognized:** Sr Karato works in one of the busiest wards of our hospital, the Accident and Emergency Department. Despite the immense challenges of managing countless trauma cases, she continues to serve with resilience, compassion, and professionalism. Her commitment to delivering care to patients in critical need stands as a testament to her passion for the healing profession. In recognizing her, we acknowledge the heart she brings to every shift, every patient, and every team member.



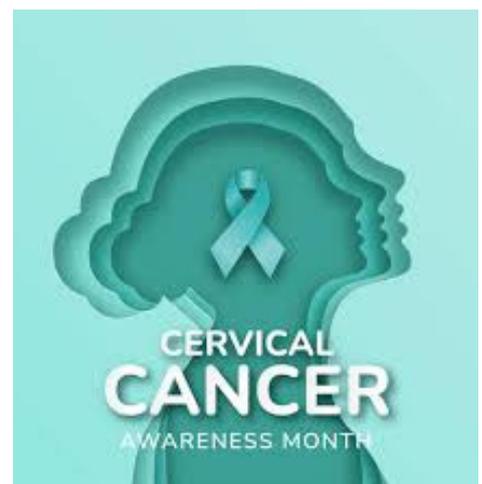
Sr Karato, SIC ED and AOPD (Mt Hagen Provincial Hospital)

Health Awareness Corner

Health Talk of the Month: Cervical Cancer



1. **What is Cervical Cancer?** Cervical cancer is a disease where cells in the lower part of the uterus (the cervix) grow uncontrollably and form a tumor. It is often described as cancer of the "neck of the womb."
2. **What causes Cervical Cancer?** Cervical Cancer is caused by the human papillomavirus (HPV) , which is transmitted through sexual contact. While most HPV infections are cleared by the immune system, persistent, high-risk infections can cause cells on the cervix to become cancerous over time.
3. **What are some of its early symptoms?** Early symptoms of cervical cancer often include abnormal vaginal bleeding (after sex, between periods, or post-menopause), unusual discharge (watery, bloody, or foul-smelling), and pain during intercourse or in the pelvic region. These symptoms are often mild initially or, in early stages, may not present at all, highlighting the need for regular Pap smears.
4. **Prevention tips:** Do regular check-ups and screening, and make healthy lifestyle choices. Women aged from 30 to 59 are encouraged to come for check-ups, and young girls aged 9-14 are encouraged to take the HPV vaccine to protect them from getting cancer in the future.
5. **When to visit the hospital:** When you notice the above mentioned symptoms, please visit our Well Women Clinic located inside the Mt Hagen Provincial Hospital. We are open from 8 am to 4:06 pm, Monday to Friday



Community Engagement

The Public Health Team, led by the Health Promotion Team, has introduced Weekly Integrated Outreach Health Programs in Mt Hagen Town every Friday, beginning in 2025 and continuing into this year (2026) as an ongoing initiative. Deputy Director for Health Prevention and Promotion Freda Pyanyo explained that the program was established because many people in the Western Highlands Province are not fully aware of the services offered by the hospital. Previously, the team only went out during global health event days to commemorate specific programs, but growing public curiosity and demand for healthcare information and services prompted them to set up a regular table in town. Through this weekly outreach, they aim to provide direct healthcare services, integrate other health programs, and deliver vital information to the wider community, ensuring that people have greater access to care and knowledge.

Summary of Activities provided:

- **Health Awareness:** Shared information on lifestyle diseases (diabetes, cardiovascular diseases, high blood pressure, oral/mouth cancer, cervical cancer, other cancers), HIV/AIDS, TB, and nutrition.
- **Promotion of Health Services:** Highlighted available services at MHGH and district facilities, including wellness checks, cancer screenings, family support services, childhood immunizations, HPV vaccination (girls 9–14), TB, and HIV services.
- **Wellness Checks:** Screened the public for blood pressure, blood sugar, and BMI.
 - Individuals with high systolic blood pressure were referred to the wellness clinic after counseling.
- **Condom Promotion:** Educated the public on condom use.

The health promotion activities make a meaningful contribution to community wellbeing. By raising awareness on both lifestyle and communicable diseases, linking people to essential health services, and providing on-the-spot wellness checks, the initiative encourages preventive practices and early detection of health risks. The condom distribution and education further support safe behaviors, while referrals ensure that individuals with identified health concerns receive timely follow-up care. Overall, the program strengthened public health engagement and promoted healthier lifestyles in the province.

Below are pictures of Healthcare Officers conducting health awareness and wellness checks to the public in Mt Hagen Town



Service Updates

- Our new Radiology Department is nearing completion. The Siemens team is on site to begin installation of the latest diagnostic equipment, including the CT scanner, Mammogram, and X-ray. This milestone represents a significant step forward in expanding our medical services and enhancing patient care with state-of-the-art imaging technology. Once installation and commissioning are complete, the department will be open to deliver comprehensive radiology services to the people of Western Highlands and the public at large. We look forward to officially opening the Radiology Department soon and will continue to provide updates as we progress toward this exciting launch.
- We have also received a portable X-ray machine for TB screening. This advanced technology enables faster and more efficient screening, delivering timely results that support early detection and help prevent the spread of TB in our communities. By bringing diagnostic services closer to the people, we are strengthening our efforts to protect public health and ensure healthier futures for all.

Upcoming Events (March 2026)

1. **Opening of the Radiology Unit**
2. **Mt Hagen Provincial Hospital Celebrates 60th Anniversary**
3. **Outreach Programs:** World obesity Day (March 04th), World Oral Health Day (March 20th), World Water Day (March 22nd), World TB Day (March 24th)
4. **Immunization drives and more**

We extend our heartfelt gratitude to Acting CEO Jane Holden and the SEMC for their leadership and guidance. To our dedicated healthcare workers in Mt Hagen and across all four district healthcare facilities, your tireless commitment continues to inspire us. To our support staff, whose efforts ensure the hospital's progress, we say thank you. And to the surrounding communities, your trust and cooperation remain the foundation of our success. Together, we have come this far, and together, we will continue to build a healthier future.



This concludes our February Monthly Bulletin. We look forward to sharing more updates in the next edition as we continue highlighting the progress and impact of healthcare across the Western Highlands Province.

For more information, please contact our Liaison Officer/Public Relations Officer: **Ms. Rita PEKI**

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Your story matters. Let's highlight the progress and impact of healthcare across Western Highlands Province.