

Screening fills Public Nursing month

Public Health Nursing has been busy with school screening. It consists of height and weight screening, blood pressure screening, visual screening, low iron screening, and full physicals for varying age groups. At this time we also did all the tuberculosis skin testing and immunization updates. We'd like to thank the faculty and especially the school children for all the cooperation and help during the screenings.

This year the State supplied the North Slope with ample flu vaccine, which will hopefully help the folks get through the winter months without having a bad bout

with the flu. We will continue to give flu shots in the Barrow clinic through the month of December. Persons in the villages can receive their shot from their Health Aide.

In October we had the state audiologist, Keith Gish. He tests people's hearing, evaluates hearing problems, fits people for hearing aids, and takes care of any problems people have with their aids. Our next of any problems people have with their aids. Our next hearing aid clinic should be in February, so if you have a hearing problem and would like to be evaluated please give our public health nursing office a call and we can make an appointment.

In November Dr. Trash came up from Anchorage with Charlie Wolf, the state's new respiratory therapist. Chest Clinic was held for two days and we had many people from the villages and from Barrow come in to have their pulmonary status reviewed.

Although the incidences of active tuberculosis is fairly low today in the state of Alaska, it is still a problem needing constant surveillance. The biggest potential problem is from the older people, who were sick with T.B. in their younger years and can now break down with it again. If you or a family member had T.B. and ever develop a chronic cough, lose weight for no good reason and seem tired all the time, it is important to go to your Health Aide or come to



the hospital for a good physical examination.

The other big project we have been working on the preparation for the Hepatitis B screening of the whole North Slope. We will be screening the villages first. Our tentative schedule is:

Wainwright	Jan. 9-12
Kaktovik	Jan. 24-27
Atkasuk	Jan. 30-Feb. 2
Nuiqsut	Feb. 7-11
Pt. Lay	Feb. 14-17

Barrow will be screened in the end of February and March. Further details will be given as we approach the actual screening dates.

Barbara Bathony, our nurse practitioner, has been holding weekly prenatal classes on Tuesday evening at the Greist

Center. All pregnant women and their partner are encouraged to join the class in preparation for child birth. The class is an excellent opportunity to learn more about your growing baby, prenatal exercises, what to expect in labor and delivery, talk about questions or concerns you may have, and meet lots of other nice pregnant women.

Besides the above special activities we have been holding our routine clinics. Well Baby, Family Planning, Prenatal and Postpartum, and Sexually Transmitted Diseases Clinics. We have also been doing home visits for Senior Citizens. Everything appears to be going well and we are all looking forward to the Christmas Holidays and a brand new year.