

# Cagayan Valley Medical Center Newsletter **Leaps and Strides**



Carig Sur, Tuguegarao City, Cagayan 3500

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## **CVMC marks 73<sup>rd</sup> Founding Anniversary**

By: William P. Apostol

**T**oday commemorates the 73<sup>rd</sup> founding anniversary of Cagayan Valley Medical Center (CVMC). Indeed, 73 years of committed service demands commendation and honor to each and everyone, who in one way or another, contributed to this tremendous success.”

Thus said Dr. Glenn Mathew G. Baggao, CVMC Medical Center Chief II, during his State of the Hospital Address (SOHA) on the 73rd Founding Anniversary celebration of CVMC on June 20, 2018 with the theme: “73 Years of Innovating in Response to Health Care Needs.”

The SOHA was the first by the Medical Center Chief and the first ever in the history of CVMC.

Earlier that day, a motorcade around the metropolis and a mass at the CVMC Chapel were held respectively. The formal opening of the celebration ensued with Dr. Baggao cutting the ribbons of

the commemorative memorabilia and photo gallery at the hospital.

The photo gallery exhibited all the medical chiefs/OICs of the hospital from 1945 to present. It also showed the transformation of CVMC from its post-war (World War II) musty tents to modern buildings that are rising like monoliths where state-of-the-art medical facilities and equipment are housed.

One of the highlights of the festive event is the judging of the Likha Himno – a musical competition aimed at coming up with a CVMC Hymn with P50,000.00 cash prize at stake for the winners. There were five entries and all are original compositions. The entry from the Professional Education and Training Office (PETO) emerged the winner.

Other highlights of the celebration were the blessing of the newly acquired Computed Tomography (CT) Scan and the Magnetic Resonance Imaging (MRI)

as well as the inauguration of the new Cancer Center and the newly renovated Orthopedic Ward.

The CT Scan is the second unit for CVMC while the MRI is the first of its kind in the region with 1.5 Tesla. Other existing MRIs within the region only have 0.2 Tesla to less than 1.5 Tesla.

In the future, CVMC will be offering Brachytherapy in its Cancer Center and soon Linear Accelerator (LINAC) will be made available in the said facility. Both are state-of-the-art cancer and tumor therapy.

The previous St. Michael private ward has been renovated and is now the new home of the new Orthopedic Ward.

With its new and upcoming facilities, CVMC contends to be the best health facility not just in the region but in the Northern part of the Philippines as well. Only recently, the 5-storey Pay Ward building was inaugurated and majority

**>>> to page 7**





# Optimum Healthcare: Every Patient's Need

By: Leon C. Batugal



**O**ne of the simplest and least complex, but usually overloaded activities in health delivery is excellent customer service.

Customer Satisfaction Survey revealed that customers focus on work attitude of employees as well as equipment and facilities. This signifies that their hospital experience is also determined by their environment or atmosphere not just the treatment regimen per se.

Hence, excellent customer service delivery is a very important component in all service industry, especially hospitals.

It is nevertheless interesting to explore the multiple dimension of the concepts of "caring" in relation to an excellent customer service. These dynamics of caring should redefine the view point of the care given, most especially the healthcare providers who determines how the service is provided.

And in the midst of the complexity of human responses from both the health professional and the care receiver, it is but safer that the latter should receive an excellent customer service.


Every patient needs a customized health approach to be able to attend to their

health concerns appropriately.

In addition to the physical aspects of health care, the health care providers should also acknowledge the clients' beliefs and values towards well-being. This entails a meaningful engagement on the options available in order to understand the patient and be aware of all the issues affecting patient care. After all, the beneficial effects of a good patient-clinician relationship on healthcare outcomes is related to a well-established health services.

An excellent delivery of customer service is provision of individual needs of patients; and upholding the fact that every patient is unique.

An extra effort to let patients feel and understand every care with empathy and compassion plays a significant role in convincing consumers to patronize a brand of service. A brand of declaration about the product or service they use or experience.

In conclusion, patients' needs may not be fully achieved to their expectation, however, what matters is how it is being said and done. There must be answers to their queries and enlighten them that someone in the hospital cares for them. 

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# EL CANTORS bags the “Likha Himno para sa CVMC” contest

By: Joyce Ann B. La Madrid



The winners of the Likha Himno para sa CVMC contest with the Medical Center Chief, Dr. Glenn Mathew G. Baggao and DOH Assistant Regional Director Dr. Edward A. Albano.

The Cagayan Valley Medical Center (CVMC), through the initiative of Dr. Glenn Mathew G. Baggao, the Medical Center Chief, officially launched the competition for the composition of the hospital hymn-the very first in the history of CVMC last April during the flag raising ceremony.

The Likha Himno competition is open to all interested CVMC employees and

invited participants.

The entries were from the TBC+P (Finance), Relative Pitch (HOPSS), Social Service (Medical), CVMC Hexatones (Nursing) and El Cantors (OMCC). The contestants rendered live performances during the 73rd Founding Anniversary celebration of CVMC last June 20.

The basic requirements and criteria for

judging were:

Basic Requirements:

- It should embody CVMC core values
- Should be 2 to 3 minutes long
- May contain 2 to 3 verses and a chorus that is to be repeated after each verse
- Tempo or feel of the song: artistic freedom
- Musical instrument: artistic freedom

Criteria for Judging:

- |                               |     |
|-------------------------------|-----|
| •Originality and Creativity   | 25% |
| •Content/Lyrics               | 25% |
| •Musicality                   | 25% |
| •Overall Appeal               | 10% |
| •Larnability or Memory Recall | 10% |
| •Artistic Interpretation      | 5%  |

Themes were also given to serve as guides for the lyrics of the hymn as follows:

- CVMC:Healing Hands,Caring Hearts
- CVMC:Nagpapagaling na mga kamay, maalagang mga puso
- CVMC: Makoru nga Lima; Magimmuguk nga futu

>>> to page 10

## Pay Wards in full operation

By: Kim Jay P. Baccay

Four wards namely Jade, Sapphire, Diamond and Ruby turned fully functional as the facility located in the 5-storey building started accepting patients since the first week of April.

Bolstering on the commitment of Cagayan Valley Medical Center (CVMC) to provide better equipment and quality services, the institution boasts additional 63 rooms for use.

As means of access, ramps from the main building are connected to the 5-storey structure with lifts available for use on each side. Each floor has a visitors lounge topped with couches and tables. Hallways on way to the rooms are ensured of a calm ambiance with warm greetings from hospital staff as you enter.

All rooms are equipped with air conditioning units and a television with cable connection. In addition, two call buttons are lodged in every room, 1 (one) found just above the patients bed and 1 (one) in every comfort room, when activated, sends a call directly to the



nurse station. Also, each ward is Wi-Fi ready avoiding dull moments during the hospital stay.

The hospital offers room options to suit the variety of patient and watcher needs. Rooms vary according to space. Regular rooms are priced at ₱1800.00 while suite and larger rooms are at ₱2000.00 per day.



# Department of Orthopedics opens its newly refurbished unit

By: Roseann T. Biñas

With the hospital's celebration of its 73rd anniversary alongside the launching of the Magnetic Resonance Imaging (MRI) of the Radiology Department, the Department of Orthopedics finally opened its doors to its newly renovated unit on June 20, 2018.

Present during the event were the Medical Center Chief II, Dr. Glenn Mathew G. Baggao, who presided the ribbon-cutting ceremony with the hospital's Chaplain, Fr. Ferdinand Baculi who conducted the blessing after. Also in attendance were the OIC Chief Medical Professional Staff, Dr. Cherry Lou Antonio, Chief Administrative Officer, Ms. Melita Taguibao, Human Resource Head, Ms. Felipa DG. Centeno, and the department consultants namely Dr. Anthony Abogado, Dr. Angel Cayetano, Dr. Marco Paolo Lasam, and Dr. Niccolo Mamba. Along with them were the department residents led by OIC Chief Resident Dr. John Patrick Marquez, and other nursing staff headed by Ms. Catherine Peñaflor, Unit Nurse Manager.



*Fr. Baculi, Dr. Baggao and other CVMC staff during the ribbon-cutting ceremony at the Orthopedic Ward.*

The Department is systematically organized according to patient's diagnosis, age, and gender which comprises of nine rooms namely 4 Trauma Rooms, 2 Isolation Rooms, 2 Subspecialty Units, and 1 room for Treatment Area. Moreover, this paves the way for a comfortable and more ventilated ambiance which the recipients truly deserve.

Shortly after the event, a simple banquet was offered for all as a tribute from the Department for the unwavering support given by the Management and for the unceasing trust from the patients. With their newly renovated unit, the staff are keeping up their legacy with combined and dedicated efforts to provide quality service now and in the years to come. **LB**

## Immersing to realism with qualitative research

By: Yvete Rustine P. Turingan

An evidence-based quality health care services provided to all clients are the driving force of Cagayan Valley Medical Center (CVMC) Research Committee.

The committee, headed by Judith Ricamora, RN, DNS, conducted a training course titled, "From Theory to Praxis: A Skill-building Course on Qualitative Research" held at the 3rd floor Function Hall on April 24 to 26, 2018

The notable speaker, Mark Donald C. Reñosa, RN, DNS, a research expert from the Research Institute of Tropical Medicine (RITM) and a former CVMC employee, discussed the utilization of qualitative research method.

"It is a beautiful area of research (qualitative) that let you immerse yourself into reality," Dr. Reñosa said. He presented transcripts culled from published researches, and let the participants analyze the context then critiqued the output later. The reviews generate better understanding on how and when to use the different schemes of qualitative research method.

Variety of group activities focusing on the proper use of the research frameworks were given. The significant occasion gathered participants from the Department of Health (DOH), Local Government Unit (LGU) and Saint Paul Hospital (SPH) as well as representatives from the institution's research groups.

Henceforth, research representatives from different areas of the organization who are utilizing the said method were guided and helped by the speaker as well.

The experienced researcher shared the diverse feelings he has when interviewing subjects in his study. His research fortes are into people who were sexually abused; teenagers in early pregnancy and usage of drugs.

Most of Dr. Reñosa's works were published internationally.

"A research must give an impact to the society", as reiterated by Dr. Reñosa as he urged publications of researches in the national research league or abroad.

Lastly, the Chief Nursing Officer, Olivia SB. Gonzales gave her inspiring message as she enthusiastically witnessed the dedication of the Research Committee and the determination of the speaker in providing a breakthrough to CVMC's research advancement.

The 3-day course was then successfully ended by awarding of certificates to the speaker and participants. **LB**



*Dr. Mark Donald C. Reñosa discusses on topic during the Research Seminar sponsored by the Research Committee.*



# First PGI Commencement Exercises, a success!

By: Joyce Ann B. La Madrid



*Dr. Antonio (OIC-CMPS), Dr. Reyes (CTO), Dr. Velasco (MTO) and Dr. Uy (Interns Monitor) pose with the graduates during the first PGI Commencement Exercises.*

The Post Graduate Interns' (PGI) first Commencement Exercise was held at the Cagayan Valley Medical Center (CVMC) Amphitheatre on June 28, 2018.

A total of 29 interns graduated in the said event.

Dr. Cherry Lou M. Antonio, OIC Chief Medical Professional Staff (CMPS), gave an inspirational message to the graduates. Also present were Dr. Rhoderick Ian G. Reyes, Chief Training Officer, Dr. Aliza Love F. Velasco, Medical Training Officer, Dr. Roda Uy, Interns Monitor, and other Department Training Officers and Chairmen. The ceremony was hosted by Dr. Katrina Pattaguan, a Medical Resident.

The highlight of the event was the awarding of Certificates of Completion and recognition to the best intern per department.

Awards like best interns were given to Dr. Clarish Gei L. Atienza, Anesthesiology, OB-Gyne and Surgery; Dr. Ma. Angelica Goldamiere Cannu, Internal Medicine and Pathology, and; Dr. Merrill Hans S. Bayubay, Pediatrics, ORL-HNS, Family and Community Medicine and Orthopedics.

Dr. Bayubay was also awarded as the Most Outstanding Intern for Batch 2018.

A response speech was delivered by Dr. Ma. Angelica A. Taloma, the batch PGI president who was also awarded

Leadership Award.

Below are the doctors who successfully completed their internship at Cagayan Valley Medical Center:

Dr. Nizaah Glaire A. Aggabao  
Dr. Markmhel M. Andaya  
Dr. Shalique Sheena B. Antonio  
Dr. Charissa Maeh P. Asencio  
Dr. Clarish Gei L. Atienza  
Dr. Leigh Alexis A. Ballesteros  
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Dr. Jennifer H. Dadural  
Dr. Vanessa S. Enciso  
Dr. Cesshil Reeney N. Jaravata  
Dr. Kristeen W. Kub-ao  
Dr. Marites M. Lammao  
Dr. Lailyn Hope G. Leones  
Dr. Karl Patrick V. Leones  
Dr. Beda A. Malecdan  
Dr. Jaylo M. Mansibang,  
Dr. Charmaine B. Maruzzo  
Dr. Jumelyn R. Nebran  
Dr. Lourdes Angelica R. Ortiz  
Dr. Emerson O. Ragasa  
Dr. Hanna Carmina E. Ramirez  
Dr. Julius A. Riazonda  
Dr. Eliseo Jr. R. Sabben  
Dr. Rachelle T. Sabben  
Dr. Ma. Angelica A. Taloma

The CVMC family wish well to the graduates on their future endeavor.

# HEPO holds leadership seminar

By: William Apostol

The Health Education and Promotion Office (HEPO) conducted a leadership seminar on April 23, 2018 at the Cagayan Valley Medical Center (CVMC) Amphitheater. More than 160 personnel participated in the said seminar.

This activity aimed to hone the leadership acumen of the participants from the different areas/units of the hospital.

Ms. Czarina Canicula, Nurse III from the Professional Education and Training Office (PETO), set the mood by extracting expectations from the participants.

The first topic was Effective Communication in the Workplace, discussed by William Apostol, OPD Senior Nurse and HEPO Alternate. He emphasized that communication is the lifeblood of the organization and such it has to be effective. He said: *"Leadership is indeed about influence and it is translated through communication in various forms."*

Thereafter, Jocelyn I. Sorita, Assistant Chief Nurse/Nurse VI, delved on the topic 360-degree Leadership, which is an adaptation of the John C. Maxwell's book entitled, The 3600 Leader.

The ISO Training and Education Committee chair emphasized three key concepts:

1. Lead-Up. Leading up is a process of influencing a leader. This process includes lightening the leader's load by being willing to do what others won't, while knowing when to push forward and when to back off.
2. Lead-Across. These leaders help peers achieve positive results, let the best idea win, and garner mutual respect.
3. Lead-Down. Leaders at the top who lead down help people realize their potential, become a strong role model, and encourage others to become part of higher purpose.

The Nurse VI emphasized that one

>>> to page 9



# SANDUGO proclaims its regional winners

By: Melody Grace B. Garduque

Well-deserved achievements were given recognitions during the 11th Northern Blood Services Zone Sandugo Recognition and Awarding Ceremonies last July 20, 2018 at the Crown Pavillion, Tuguegarao City.

Various winners composed of individuals, institutions and organizations both in the government and private sectors across the provinces of Cagayan, Isabela, Kalinga, Apayao and Batanes were awarded for giving support and involvement in the promotion of voluntary blood donation, as stipulated in Republic Act 7719. The awardees were recognized thru their efforts by the Department of Health Regional Office 2(DOH-R02) and Cagayan Valley Medical Center (CVMC) being the lead blood service facility in the region.

Below is a rundown of the winners in the recent awarding event:

- Dr. Cirilo M. Pintucan Memorial Award for SANDUGO Municipality of the Year – Baggao, Cagayan
- SANDUGO Outstanding Award for Organizations/Institutions
  - City Health Office Tuguegarao
  - Cagayan Police Provincial Office Ladies Link
  - Cagayan State University –College of Allied Health Sciences
  - Cagayan State University - Carig Campus
  - Divine Mercy Wellness Center – Tuguegarao City
  - University of Saint Louis Tuguegarao
  - Provincial Health Office - Cagayan
- SANDUGO Outstanding Award for Local Government Units
  - Baggao, Cagayan
  - Ilagan, Isabela
  - Solana, Cagayan
  - Gonzaga, Cagayan
  - Quezon, Isabela
  - San Mariano, Isabela
  - Conner, Apayao
- SANDUGO Outstanding Walk-in Blood Donors
  - Angelito F. Serdenia
  - Benjamin S. Banez
  - Daniel C. Cruz
  - Althea Kathleen T. Samonte
  - Amparo Rosario C. Banez
  - Emilio S. Tan
  - Kirby Keith Clyde Catulin
  - Cerina Aurora A Udanga
  - Michael Bob Z. Jampas
  - Alvin V. Buncad
  - Loreto M. Feliciano Jr.
  - Simon Jay P. Contillo
  - Elmer P. Abana
  - Izzy Carlyle A. Udanga
  - Bonifacio N. De Guzman
  - Joel J. Eslabra
  - Donna Therese M. Taguinod
- SANDUGO Outstanding Mayor
  - Hon. Mayor Leonardo C. Pattung (Baggao, Cagayan)
  - Hon. Mayor Evelyn C. Diaz (Ilagan, Isabela)
- SANDUGO Outstanding Municipal Health



*Dr. Glenn Mathew G. Baggao awards the Dr. Cirilo M. Pintucan Memorial Award for SANDUGO Municipality of the Year to Hon. Mayor Pattung (Baggao, Cagayan) and his Barangay Officials.*



*CVMC Pediatrics Department receives the “Kapamilya Hataw” award.*

- Officer
  - Dr. Marivic C. Dela Pena (Cabagan, Isabela)
  - Dr. James C. Guzman (Tuguegarao City Health Office)
  - Dr. PJ Ukkong ( Kabuyao, Apayao)
  - Dr. Lioie S. Sunico ( Gonzaga, Cagayan)
- SANDUGO Outstanding Blood Coordinators
  - Precius C. Reyes, RN ( Baggao, Cagayan)
  - Janice C. Marquez ( Ilagan, Isabela)
  - Martina W. Dangoy (Conner, Apayao)
  - Johann O. Ocampo ( Quezon, Isabela)
  - Dorina Sabatin ( CSU Andrews)
  - Hillaria Barsabal ( CPPO)
  - Andy Catulin ( CSU Carig)
  - Dave Deray ( Cabagan, Isabela)
- SANDUGO Outstanding Barangay Captains
  - Mr. Norman J. Molina, Sr – Sta Margarita, Baggao, Cagayan
  - Mr. Moris G. Aliman – Hacienda-Intal, Baggao
  - Mr. Ruben Bayubay – Tungal, Baggao
  - Mr. Alfredo V. Silva- Gadu, Solana

Special set of awards were given to organizations and institutions which have the highest number of donors bled per mass blood donation. Gonzaga, Cagayan bagged the “LGU HATAW” Award having 188 donors bled. San Pablo, Isabela bested others for “Ms. Blood Universe” Award obtaining the highest percentage of female blood donors. For “SCHOOL HATAW” Award, Cagayan State University-Andrews Campus seized the honor by giving off 622 blood donors in one bloodletting activity.

“N.G.O. HATAW” Award (Non-Government

Organization) has two winners namely Divine Mercy Wellness Center and Victory Christian Fellowship. Another grant is the “G.O. HATAW” Award coveted by the City Health Office of Tuguegarao.

Among barangays in the region, Sta. Margarita of Baggao, Cagayan was given the “BARANGAY HATAW” Award with a blast of 202 donors. While Cagayan Valley Medical Center, the Department of Pediatrics claimed the “CVMC KAPAMILYA HATAW” Award for having 375 donors bled.

The highlight of the ceremonies was the awarding of the Dr. Cirilo M. Pintucan Memorial Award given to the municipality of Baggao, Cagayan for having successful mobile blood donations. Special Awards were granted to Mr. Reynold R. Lora of Ilagan City, Isabela; Dr. Diosdado Jovian E. Domingo of Divine Mercy Wellness Center; and Dr. Julius Capili of Cagayan State University. The Posthumous Award, was endowed to Mr. Rhoderick Ayuyang for leading the blood donation drives in his time and zone.

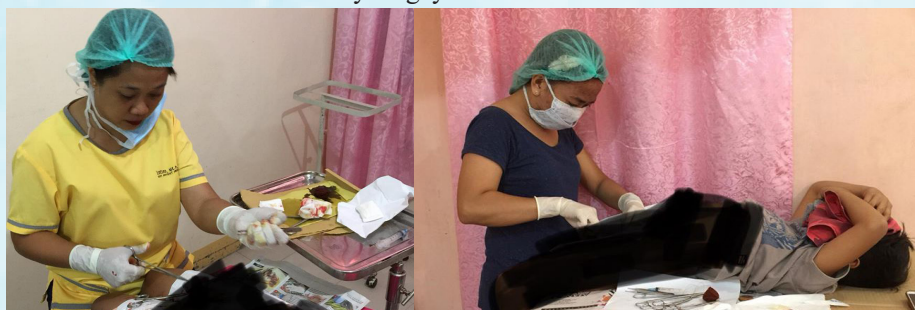
Dr. Glenn Mathew G. Baggao, CVMC - Medical Center Chief II, during his speech promised the Blood Bank Section with a brand new coaster. DOH Assistant Regional Director Dr. Edward A. Albano, who served as the guest speaker of the event, said the awardees lead by example on the campaign to save lives through conduct blood donation.

The Sandugo Recognition and Awarding Ceremonies happen every 2 years. **48**



# CVMC conducts Operation Tuli and Digital Rectal Examination (DRE)

By: Ligaya S. Achanzar



*Nurses actively assisting during the program.*

More than 400 youngsters benefited from the Annual “Operation Tuli” program of Cagayan Valley Medical Center (CVMC) – Department of Surgery in collaboration with Outpatient Department and Operating Room (OR) Complex on April 21-22, 2018.

Majority of the recipients were from Tuguegarao City and nearby towns such as Iguig, Solana, Enrile and Peña Blanca.

Other recipients of the said activity are hailed from the towns of Amulung, Alcala, Sto. Nino, Sta. Teresita, Lasam and also from the provinces of Apayao, Isabela, Cavite and Bulacan joined the free circumcision activity.

Dr. Domingo Matammu, Jr., OPD Chair, stressed: “Circumcision was a ritual in biblical times. Even in this day and age,

it is considered as a ritual for men as they cross the border between childhood and manhood.”

He added: “The use of circumcision for medical benefit or health reasons is an issue that continues to be debated. It is, however, viewed by many as a hygienic practice.”

Meanwhile, a Digital Rectal Examination (DRE) to all men 40 years and above was also conducted last June 16, 2018.

It aims to heighten awareness and promote early detection of prostate cancer but also to educate patients on how to do self assessment.

The said endeavor is in line with the celebration of Father’s Day. *LB*

<<< CVMC Marks | from page 1  
of it is fully operational.

Other facilities on the rise are the Out-Patient Department (OPD) Medical Arts Building and the OPD Psychiatric Building. Both facilities along with the Acute Stroke Unit and Trauma Center are expected to be functional before the year ends.

CVMC was determined a Level III health facility by the Department of Health and the regional center for:

- Geriatrics
- Heart and Lung
- Women and Child
- Orthopedics

Also as center for training and research, CVMC boasts its accredited residency programs:

Department of Obstetrics and Gynecology  
Department of Internal Medicine  
Department of Surgery  
Department of Anesthesiology  
Department of Pathology  
Department of Family and Community Medicine  
Department of Otorhinolaryngology  
Department of Orthopedics  
Department of Pediatrics

At 73, CVMC is truly geared towards being the Mega-center of the North. *LB*

## DFCM celebrates World Family Doctor Day

By: Rei Kristoffer Cuaresma Ubiña



*The Department of Family and Community Medicine (DFCM) staff during the World Family Doctor Day.*

In harmonization with the annual activity of the World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians (WONCA) and the Philippine Academy

of Family Physicians (PAFP), the Department of Family and Community Medicine (DFCM) in coordination with the PAFP Cagayan Chapter celebrated the World Family Doctor Day at the SM Center Tuguegarao Downtown on

May 17, 2018 with the theme: “Family Doctors – Leading the Way to Better Health”.

The one-day activity participated by people from various sectors featured a Zumba session, lay fora on timely and relevant health topics such as hypertension and diabetes mellitus, and free medical consultations and medicines for the participants.

The said event highlighted the indispensable role and meaningful contribution of family doctors in the various health care systems across the globe. More so, it served as an avenue to acknowledge the central role of Family Medicine as a specialty in the effective and efficient delivery of personal, comprehensive, and continuing health care for all patients. *LB*



# CVMC-PCSO activates “ASAP” desk

By: Catherine C. Mendoza  
Rocel M. Dela Cruz

On July 16, 2018, the Cagayan Valley Medical Center (CVMC) in partnership with the Philippine Charity Sweepstakes Office (PCSO) launched an innovative program thru a Memorandum of Agreement; known as the PCSO Help Desk or otherwise known as ASAP “At-Source ang Processing”.

The program was established to address the problem of accessibility, considering that CVMC caters to all the provinces of Region 2 and to its neighbouring province of Cordillera Administrative Region(CAR). This will also address the long queue and waiting time for interview.

The program aims to cater hospital confinement of both service and pay patients. Clients from the Out-patient Department (OPD) may be assisted on diagnostic procedures, hemodialysis, rehabilitation fees, medicines,

chemotherapy and blood processing fee, all of which are available in the institution.

The Social Service Section is primarily in charge of facilitating the assistance. Necessary requirements include the following:

## A. In-Patient

1. Statement of Account for PCSO
2. Medical Abstract from the hospital(present confinement)
3. Valid ID of Patient/ Representative

## B. For Diagnostic Procedures

1. Medical Certificate
2. Request for the Procedure with Doctor’s License Number
3. Official Price Quotation from the Hospital
4. Valid ID of Patient/Representative
5. Charge Slip

## C. For Rehabilitation Fee

1. Medical Certificate
2. Charge Slip for one month sessions
3. Duration of treatment

## D. For Medicines

1. Medical Certificate
2. Prescription except maintenance medicines
3. Valid ID of Patient/Representative

## E. For Dialysis

1. Clinical Abstract
2. Cost of Dialysis
3. Valid ID of Patient/Representative

## F. For Purchase of Blood

1. Statement of Account/Charge Slip
2. Blood Request
3. Valid ID of Patient/Representative

As of July 25, 2018, the program already catered 61 clients (59 Service and 2 Pay patients). *AS*

# CVMC launches Leaps and Strides

By: Joyce Ann B. La Madrid

The Cagayan Valley Medical Center (CVMC) in its way to convey and to participate in the art and practice of information dissemination and news circulation, unveils the very first issue of the CVMC Newsletter Leaps and Strides last April 18, 2018.

In attendance were DOH Assistant Regional Director, Dr. Edward Albano, Philippine Information Agency (PIA) Region II Information Officer Angely Mercado and Jessica Tabalinas, division heads, department heads, section heads, CVMC employees and some visitors.

The session started with an opening prayer led by Ms. Ligaya Achanzar, Newsletter Distribution Manager followed by the singing of the national anthem as preceeded by Ms. Khristine Trinidad, Newsletter Team Secretary.

*“As a government entity engaged in the delivery of quality health care service, it is expected of us to be transparent and open with our transactions and services, hence, our duty to disclose every aspect of our dealings. This is the purpose of the Newsletter – to provide a forum for a bigger populace to be aware of our services and programs”,* said Medical Center Chief, Dr. Glenn Mathew G. Baggao during his speech.

Moreover, the guest speaker, Dr. Albano gave his inspiring message, followed by the presentation of members by Kathrina N. Ligan, Associate Manager. A video



The members of the editorial board with Dr. Baggao



The unveiling of the maiden issue, Leaps and Strides by CVMC Top Management & Dr. Albano.

presentation made by one of the lay-out artist, Norbert Diaz, was shown to give a preview of the Newsletter. William Apostol, Managing Editor hosted the event.

DOH Assistant Regional Director - Dr. Edward Albano, Medical Center Chief - Dr. Glenn Mathew G. Baggao, Chief Administrative Officer - Ms. Melita T. Taguibao, Financial and Management Officer II - Mr. Noel Arnedo, Officer-in-Charge Chief Nursing Officer - Ms. Jocelyn Sorita, Officer-in-Charge, Chief Medical Professional Staff II - Dr. Minerva Mallillin, OPD Chair and CVMC Newsletter Team Circulation Manager - Dr. Domingo Matammu Jr., and Training

Specialist IV and CVMC Newsletter Team Editor-in-Chief - Mr. Leon C. Batugal assisted by the CVMC Newsletter Team Secretariat - Joyce Ann B. La Madrid unveiled the maiden issue of the CVMC Newsletter.

In his closing remarks, Dr. Domingo Matammu, Circulation Manager, shared how the team come up with the official banner, Leaps and Strides. As the program concluded, the CVMC Newsletter Team, together with the visitors, indulged in a luscious lunch. The team conducted a post conference thereafter. The maiden issue marks the start of the many next great publications to come. *AS*



# CVMC celebrates Red Orchid Hall of Fame Award

By: Shalimar D. Canicula



Dr. Glenn Mathew G. Baggao together with different administrators and employees during the culmination program of the Red Orchid Campaign Awareness on May 07, 2018.

Cagayan Valley Medical Center (CVMC) celebrated its Red Orchid Campaign Awareness cum Hall of Fame Victory Celebration last May 7, 2018.

The Red Orchid Award is the highest distinction given by the Department of Health (DOH) on anti-smoking advocacy for local government units, government hospitals and offices, and DOH centers nationwide.

The program, spearheaded by Ms. Jocelyn Sorita, OIC Chair of Hospital Tobacco Control Program, was graced by Dr. Rodrigo F. Balaqui, Jr., Director of Professional Regulation Commission, and Dr. Rio Magpantay, Director IV of

DOH- Region 2.

Dr. Magpantay, in his speech, underscored the importance of promoting awareness and implementing a tobacco-free environment.

Dr. Glenn Mathew G. Baggao, Medical Center Chief II, together with the different administrators and employees of the hospital, attended the culmination program where slogan making and jingle competition were held.

Mr. Jerwin Dela Cruz bagged the 1st place in the slogan making contest while the Nursing Department emerged as champion in the Jingle competition. **LB**

## Learning never stops!

By: Neil Sidney O. Alvarez

The CVMC-Department of Psychiatry is in continuous upgrade of its staff to provide better quality service and to better understand the meaning of mental health through a program called the Psychiatry Nurse Specialist.

The mental health program consists of lectures on Psychosexual Theory, Psychosocial Theory, Attachment Theory, Cognitive Theory, Learning Theory, Schizophrenia, Bipolar Disorder, Addictive Disorder and Anxiety Disorder.

The members will meet every Wednesday for every topic to be discussed amongst the group. One topic every meeting is being discussed by a member who was tasked for the scheduled week. The discussion is being facilitated by Dr. Ethel Pagaddu, OIC-Department Head. The program started in 2016 with senior nurses as the pioneer of the group.

In order to pass on the said program,

the participant must not incur three consecutive absences and should pass the comprehensive examination. All the members of the pioneer batch successfully finished the program.

The second batch of the said program started last April, with 10 Nurse I participants.

The objective of this program is to prepare the psychiatry nursing staff for psychoeducation: to train them in assessing, diagnosing and rendering immediate intervention to psychiatric cases. And also, to serve as frontliners while waiting for the resident-on-duty to arrive.

Several programs were lined for better patient care to show that mental illness has never been a burden, but a challenge that must be faced for a meaningful purpose. **LB**

<<< HEPO holds | from page 5

doesn't have to be a manager to be a leader. Challenge has to be dealt with. These challenges are there to make every leader stronger, wiser and bolder.

Another topic during this seminar is Servant Leadership with Leon Batugal, Training Specialist IV, as lecturer.

In his lecture, Mr. Batugal lifted part of the essay, The Servant as a Leader by Robert K. Greenleaf who first coined the phrase "servant leadership" and it reads:

*"As a servant leader, you're a servant first – you focus on the needs of others, especially team members, before you consider your own. You acknowledge other people's perspective, give them the support they need to meet their work and personal goals, involve them in decisions where appropriate, and build a sense of community within your team. This leads to higher engagement, more trust and stronger relationships with team members and other stakeholders. It can also lead to increased innovation."*

Toward the end of his lecture, the lead customer service advocate stressed: "Leaders are not to be served; leaders are not bossy. They lead by example."

He concluded: "Servant leadership is about customer service leadership. This is the key in creating a successful customer experience. After all, this is our aim, to satisfy every customer and have them patronage CVMC in their future health needs." **LB**



Participants of the leadership seminar engagingly stating their expectations from the activity



# Otorhinolaryngology-Head and Neck Surgery (ORL-HNS) cries success

By: Kim Jay P. Baccay



The ORLHNS-STAFF together with the board accreditors in front of the Cagayan Valley Medical Center during the re-accreditation visit last March 2018.

Cagayan Valley Medical Center listed the Department of Otorhinolaryngology-Head and Neck Surgery (ORL-HNS) as one of its most recent achievement following the accreditation of the Department.

After a year of probation, the ORLHNS Department was awarded by the Philippine Board of Otorhinolaryngology – Head and Neck Surgery Accreditation Team a four (4) year accreditation. This grant recognizes CVMC as a teaching and training institution for aspiring residents.

The ORL-HNS accrediting team was headed by President Dr. Francisco Victoria. With him is the team secretary, Dr. Natividad Almazan, assistant secretary, Melissa Francisco and directors Dr. Cesar Villafuerte, and Dr. Edilberto Jose.

The accreditors were welcomed by the Department Head, Dr. Omar Ramos, Department Training Officer, Dr. Kathleen Bagausan, department consultants, Dr. Jake Lapuz, Dr. Marielor Christy Gracia-Elgincolin and Dr. Paul Christian Pacquing and department residents.

The accrediting team visited the different wards of the institution and was delighted to see major changes,

especially the construction of a ward solely for ORL-HNS patients. The team took time in observing procedures done at the Operating Room and paid visit at the Out-Patient Department after.

The department staff presented reports and documents to the accreditation team, exchanged thoughts and insights on measures to further improve the services. After the rigorous examination of the documents presented, the Department was granted a 4-year accreditation status, and is subject to a yearly visit.



The accreditors visit the departments and evaluate the residents.

<<< El Cantors | from page 3

•CVMC: You will love the way we care for you.

□ CVMC: Magugustuhan mo ang paraan ng pag-aalaga namin sa iyo.

□ CVMC: Mamagayayya ka ta pagimmuguk mi ta nikaw.

•Serving all people through exemplary health care, education, research and community service.

□ Naglilingkod sa lahat ng tao sa pamamagitan ng kapuri-puring pangangalaga sa kalusugan, edukasyon, pananaliksik at serbisyo sa komunidad.

□ Masserbi ta totolay gukaban na mapia nga pakiyoru, edukasion, pangusito anna serbisio ta komunidadda.

•CVMC: The cornerstone of excellent health care.

□ CVMC: Ang ospital na may pagmamahal at malasakit.

□ CVMC: Hospital na ayya anna immuguk.

•CVMC: The hospital with love and care.

□ C V M C : P a n g a n g a l a g a n g pangkalusugan na may malasakit.

□ CVMC: Hospital na ayya anna immuguk.

•CVMC: Health Care that cares.

□ C V M C : P a n g a n g a l a g a n g pangkalusugan na may malasakit.

□ CVMC: Pakiyoru nga magimmuguk.

Musical experts from different agencies namely Mr. Ruben Peter T. Lasam (University of Cagayan Valley), Ms. Nida Jemima C. Torino (Cagayan National High School), Ms. Marilou A. Malabug (Commissionon Higher Education), Mr. Romuald L. La Madrid (Cagayan State University), and Dir. Rio L. Magpantay (Department Of Health) were the judges of the contest.

Mr. Alex F. Perez Jr.,(composer), Mr. Mike C. Abaya, (music master), Mr. Franklin Ceasar Mariano III, Ms. Camille Joy Bruno and Ms. Mary Jean Duca members of El Cantors emerged the winner with P50,000.00 cash prize and trophy. All non-winning groups received a consolation prize of P5,000.00 and certificate.



# Research Pundits share expertise to CVMC employees

By: Kathrina Lingan



(L-R) The resource speakers, Dr. C. Tadena, Dr. J. Nales, Dr. H. Lam, I. Sia, Dr. KJ Cheng, Mr. A. Ulitin, pose for a picture after the 3-day seminar.

The CVMC Department of Anesthesia of Cagayan Valley Medical Center in collaboration with CVMC Professional Education Training Office (PETO) were the proponents of the Training Program for Research Proposal Writing that was held on April 3-5, 2018 at the Amphi Theater and Function Hall 2.

There were five (5) resource speakers from the University of the Philippines, College of Public Health who were invited to facilitate the activity.

The workshop aimed at gathering at least sixty (60) employees of CVMC who will come from the different clinical departments and nurses. The resource speakers were Hilton Lam PhD, MHA, Jennifer Nales MD, MSPH, Isidro Sia MD, Kent Jason Cheng MD and Allan Ulitin. Every speaker was a personality in their own right in the research world.

The workshop's general objective was to enhance the knowledge, skills and expertise of the Training Officers, Research Consultants, Research Coordinators,

Residents and Nurses on the research process and to improve the quantity and quality of researches in CVMC. The 3-day seminar was filled with topics vital in building a research proposal. The most essential parts of the research paper were discussed in-depth like research design, methods of data collection and the different types of research methods. Every topic was followed by a workshop to apply what was previously discussed. It was actively partaken by the participants.

One of the highlights of the workshop was the participants' presentation of their individual research proposals. They were given expert advice from the speakers and this left the participants grateful because they felt that the seminar had improved their research papers for the better.

The expected output of the seminar workshop which were to develop skills in writing research proposal, to enhance hands-on-training in research, to establish a network of researchers and improve research output; publications and transfer of knowledge were ultimately achieved. **LB**

## “Botika ng Bayan” reopens

By: Marlon G. Ringor



Dr. Glenn Mathew G. Baggao and Dr. Paul Balisi during the ribbon-cutting of the “Botika ng Bayan” Consignment Pharmacy

JUNE 4, 2018- The Botika ng Bayan (BnB), a consignment pharmacy now reopens in service to all patients of the Cagayan Valley Medical Center and other hospitals.

The Botika ng Bayan is established to enhance the availability of low-cost, high quality drugs and medicines without entailing additional cost on the part of the hospital.

The stocks of the pharmacy are being delivered by pharmaceutical companies and local distributors through a Memorandum of Agreement (MOA).

The opening of the Botika ng Bayan (BnB) has already yielded significant amount for its inpatients and hence payment to the suppliers will be based on actual drug sales.

The BnB is under the supervision of the Pharmacy and Therapeutics Committee (PTC) chaired by Dr. Paul M. Balisi.

Meanwhile, in June 2018, the main pharmacy has put up a satellite pharmacy at the Operating Room (OR) Complex.

The said pharmacy was designed in order to dispense medicines promptly to the OR staff.

The hospital also plans to put up other satellite pharmacies inside the hospital for easy access not to mention the already established satellite pharmacy at the OPD Psychiatry. **LB**





# Pediatrics Department reaps honor and pride

By: Ezra Yessamin Pablo

The award for re-accreditation has been given to Cagayan Valley Medical Center (CVMC) Department of Pediatrics on April 10, 2018 in Sofitel Hotel, Manila during the 55th Philippine Pediatric Society (PPS) Annual Convention.

The PPS held the convention on April 8-11, 2018 with the theme “The N.E.E.D. To Change: New, Evolving, Emerging Directions in Pediatrics”. Consultants and Residents attended the said convention.

The PPS is committed in fostering and maintaining a high plane of professional skill in the practice of Pediatrics in the Philippines and the yearly convention is the highlight of one of their Continuing Professional Development programs.

The Department applied for a direct re-accreditation to the Philippine Pediatric Society Hospital Accreditation Board. The Board is responsible in evaluating training hospitals like CVMC. One of the prerequisites for accreditation is



*The Department of Pediatrics staff together with the Accreditors in front of the Cagayan Valley Medical Center; during the Re-accreditation visit last April 2018.*

for the hospital to have the necessary requirements and guidelines to train its pediatric residents.

Fortunately, the Department of Pediatrics of CVMC passed all the requirements needed. And the department was awarded with a Level II accreditation, from Level I. The

award was given by the members of the accrediting team, Dr. Xerxes Navarro and Dr. Wilfredo Lopez, and was received by the Department Chair and Training Officer, Dr. Minerva Mallillin and Dr. Cherry Lou Antonio, respectively. The accreditation is valid for two years. **LB**

## A tribute: “Ang Pagpupugay kay Dr. Ed”

By: Gelacia B. Abadu



Dr. Eduardo M. Badua, Cagayan Valley Medical Center Chief Medical Professional Staff was promoted and appointed as Medical Center Chief at Ilocos Training Regional Medical Center.

As a recognition of Dr. Badua’s utmost efforts and countless contributions in turning CVMC the Center of Excellence

today, the CVMC employees came together to pay tribute and witness the send-off program with the theme “Ang Pagpupugay Kay Doc Ed” on June 01, 2018. It was a morning of mixed emotions to all present.

The program started with a doxology performed by the Nursing Service staff followed by the singing of National Anthem led by Ms. Zenaida Gregorio.

The highlight of the program was the delivery of messages from the different division heads namely Mr. Noel B. Arnedo of Finance Division, Ms. Melita Taguibao of HOPSS Division, Ms. Olivia SB. Gonzales of Nursing Service Division and Dr. Cherry Lou M. Antonio of Medical Division. The inspirational message was delivered by Dr. Glenn Mathew G. Baggao, Medical Center Chief II. Each spent their time in expressing their gratitude, reminiscing their joyous times together, giving appreciation on how Dr. Badua performed as a leader, mentor, boss, coach and on how he touched their lives.

Video presentations of CVMC staff from the different departments and units bidding their

adieu and good lucks while showing their photos with Dr. Badua added life to the ceremony. At the same time, a presentation was made to give a glimpse of Dr. Badua’s noteworthy accomplishments over his 23 years of service which exemplified resilient fortitude and extinguishable passion that served as a source of inspiration to everyone.

As a response, Dr. Badua encouraged everyone not to feel sad as he stressed, “Don’t cry because it’s not yet over, smile because it happened.” Apart from this, Dr. Badua sincerely expressed his thanks to the CVMC family. Above all, he inspired everyone to be at their best as they dream more, do more and become more.

The closing remark was given by Dr. Jose Dante V. Marcos and a closing prayer by Ms. Aladin Pascual. The last part was a festive lunch with all CVMC employees.

Cagayan Valley Medical Center is truly favoured because of Dr. Ed who was once a part of it. Indeed, he is the man who is so hard to say goodbye to. **LB**



# HEPO CORNER

## CVMC urges communities to commit in healthy lifestyle, promote wellness and stop tobacco use

The Health Education and Promotion Office (HEPO) spearheaded the celebration of Cagayan Valley Medical Center as center of wellness cum Hypertension Awareness and World No Tobacco Day at SM Center Tuguegarao City Downtown on May 31, 2018.


The activities aimed to increase people's awareness on prevention and management of hypertension, reiterate the ill effects of tobacco use, promote wellness and strengthen commitment to healthy lifestyle.

A health forum on Hypertension was facilitated by Dr. Marie Chris Yolka Pascua, Chief Resident of the Department of Family and Community Medicine, followed by a brief orientation on smoking shared by Ms. Jocelyn I. Sorita, Nurse VI, Hospital Tobacco Control Program Committee Vice-Chair.

The speakers reminded the public on the importance of regular blood pressure monitoring and quitting from smoking, owing the fact that hypertension affects three in every ten Filipino adult.

Meanwhile, the Department of Health Assistant Regional Director Dr. Edward A. Albano encouraged active participation and support among individuals from various sectors, government and non-government organizations to prioritize health and implement wellness activities. Also, he congratulated CVMC for its full support on the Pilipinas Go 4 Health Movement.

One of the highlights of the activity is the Hataw Dance Exercise Competition participated by CVMC employees. The Nursing Division championed the said competition while the Finance and HOPPS division bagged the second and third places, respectively.

Some 200 participants composed of representatives from NGOs and NGAs, mall goers and CVMC employees joined the event. 

## National Kidney Month

"Kalusugan ng Bato'y Makakamtam sa Pag-aalaga ng Kalikasan", is this year's theme in celebration of the National Kidney Month by virtue of Presidential Decree No. 184, May 31, 1993.


On June 26, 2018, Cagayan Valley Medical Center (CVMC) celebrated the said event through the Health Education and Promotion Office (HEPO) in collaboration with the Hemodialysis and Intensive Care Unit (ICU).

Dr. Maridel O. Gorospe, the Hemodialysis Unit Head, oriented the patients and watchers at the Out Patient Department (OPD) on how to control and prevent renal diseases.

Dr. Gorospe stressed the ways to maintain healthy kidneys: stay fit and active; monitor blood pressure; keep regular control of blood sugar level; eat healthy, increase fluid intake, don't smoke and do not take over the counter pills on a regular basis such as use of non-steroidal anti-inflammatory drugs used to manage pain.

Other activities were poster making contest and blood donation. 72 blood bags were collected from volunteers.

Winners in the poster making contest were: first place Mr. Jorwin Dela Cruz; second place Mr. Rhys Ludgren Jara; and third place Ms. Gerlyn Cauilan. The winners and non-winners were given cash prizes.

The posters were displayed at the main lobby of the hospital to showcase the impact of maintaining clean and safe environment in preventing renal diseases. 



By: Clara Encarnacion Malana  
William Apostol  
Charise Gae P. Mabborang

## 44th Nutrition Month


JULY 2018

Theme: *Ugaliing Magtanim, Sapat na Nutrisyon Aanihin*



The Health Education and Promotion Office collaborated with the Nutrition and Dietetics Section and Pediatrics Department in celebration of the 44th National Nutrition Month with the theme, "Ugaliing Magtanim, Sapat na Nutrisyon Aanihin"

This year's theme highlights the importance and benefits of food gardening among families, communities and even in workplaces to promote sustainable food sources, diet diversification, increase consumption of fresh fruits and vegetables.

On July 19 and 31, 2018, some 200 participants composed of day care pupils, patients, guardians and barangay workers of Namabballan Sur, Tuguegarao City and Brgy. Cabbo, Penablanca, Cagayan were provided with the following services: lay forum on proper nutrition, micronutrient deficiency and food gardening, introduction of the nutritional guidelines for Filipinos, feeding program and distribution of vegetable seeds. 





# Memoirs of Dreams, Dreams of Memoirs

By: Ligaya S. Achanzar

We lost loved ones...  
They lost their dreams...

## Human Immunodeficiency Virus: The dream taker.

Human Immunodeficiency Virus (HIV) is a virus that attacks the immune system. If untreated, a person's immune system will eventually be immunocompromised. When this happened, the body's immune system will be too weak to fight off infection, hence, acquiring a syndrome known as Acquired Immunodeficiency Syndrome (AIDS).

No cure. No turning back. What's left is to make happy memories. Memories that will serve as a lesson and a warning for those who are still living a healthy life. Memories that will constantly remind them that life should not be taken for granted for it is the only dream that we continue to chase.

## HIV Patients: The Dream Chaser

People with HIV still have their dreams with them. They still have their life to enjoy. We must not isolate them from our society. They have been struggling to live - struggling for treatment and care and have been struggling against discrimination, injustice and violence. We must not add up to their struggles, instead, we must work with them

to fight and prevent HIV from destroying lives from taking away dreams. We must embrace them as part of the society and let them feel that their journey has not yet ended. We must help them make themselves whole again - to be able to continue chasing their dreams.

## CVMC: The Bridge

The Cagayan Valley Medical Center, in collaboration with the Department of Health (DOH) Region 02, joins in celebrating the 35th Annual International AIDS Candlelight Memorial Day to remember friends and families we've lost and to raise awareness about HIV.

The said activity is a global event implemented by an active network of people involved in HIV response, including people living with HIV and key populations. It aims at raising social consciousness about HIV and AIDS, breaking down the barriers of stigma and discrimination, and giving hope to new generations.


Other activities include orientation of HIV/AIDS prevention and treatments; free HIV

screening; distribution of flyers; condoms and lubricants; visual poetry contest on HIV/AIDS awareness (Art with a Heart) and contemporary dance contest on HIV/AIDS awareness (Dance with Hope). Participants of these activities are people living with HIV, DOH employees, government agencies, schools and universities.

Through the different activities, the hope for a harmonious relationship with people living with HIV is of realization. They are the living testimonies of the effect of HIV and their stories must be heard. The testimonies of families who lost their loved ones must be aired. A way of bridging the gap between communities who have been carrying the weight of this epidemic and who think that the journey of these HIV patients has ended.

## Testimonies: Powerful Tool

The testimonies of the people living with HIV is the main tool in our advocacy in reaching the end of this global epidemic - their testimonies in their journey in fighting for their lives, in chasing for their dreams, in

raising awareness against HIV. Journey full of dreams. Dreams taken by HIV. Soon, their testimonies will become memoirs. Memoirs of dreams. Dreams of memoirs 





# Is Apheresis a Solution to Inadequacy of Platelet for Transfusion?

By: Garry Anthony B. Pagaddu

One of the major public health concerns is the increasing cases of dengue nationwide. One of the complications of dengue is bleeding, which indicates low platelet count and platelet transfusion is often needed. The increased demand during these times consequently results in the shortage of platelet concentrate, a problem that is hampering the healthcare system.

Traditionally, one random whole blood donation can only produce one unit of platelet concentrate which sometimes isn't enough for the patient needs more than five to six units to increase the platelet count. The relatives of the patient could hardly find donors especially during dengue epidemics. The goal of the treatment is to increase the amount of platelet concentrate obtained from one donation session-until the introduction of apheresis technology.

Apheresis machine permits the collection and separation of whole blood, selective removal of specific components and subsequent return of the remaining components to the donor/patient. It is devoted for blood component collection including platelets, plasma, and red blood cells, and also does therapeutic procedures.

Single donor plateletpheresis has numerous advantages over random donor platelets. It allows a much larger number of platelets collected hence a high yield is observed. This means producing a higher platelet count after transfusion. Platelet concentrate from one unit of whole blood contains very few platelets. Traditionally,



Five to six random whole blood donation derived platelets would be needed to supply enough platelets for one dengue patient. Platelet donated using apheresis by one donor is sufficient for one transfusion producing more than eight units in equivalent to random platelet donation, thus decreasing risk of transfusion transmitted infections, bacterial contamination and undesirable outcome after transfusion due to reduced donor exposure. Donor thru plateletpheresis can donate his blood every two-weeks. However, plateletpheresis requires a greater dedication than whole blood donation because of the prolonged duration of the procedure and a little bit costly.

At present, apheresis is offered at Cagayan Valley Medical Center (CVMC). As the active and lead blood service facility catering not only the province of Cagayan but also the provinces of

Kalinga, Apayao, Batanes and Northern part of Isabela, the National Voluntary Blood Services Program (NVBSP) - Department of Health (DOH) recognized CVMC - Blood Bank as one of the lucky recipients of this machine, that would answer problem of patients not only in CVMC but to other hospitals in the region needing blood transfusion especially platelet concentrate.

Here is a query everybody is concerned of: "As we experience shortage of blood in the region, is apheresis really a solution to such scarcity? Are you going to let your patient be in critical condition when there is a solution to scarcity of platelet for transfusion?" Since dengue cases have been a problem the awareness regarding plateletpheresis has increased manifold due to its merits over random donor platelets. *LB*



Dr. Baggao (MCC), Dr. Antonio (CMPS) and staff at the Blood Bank Section see a patient as they perform apheresis



# State of the Hospital Address

Distinguished guests, division heads and employees, good afternoon!

Today commemorates the 73rd Founding Anniversary of Cagayan Valley Medical Center. Indeed, 73 years of committed service demands commendation and honor to each and every one who, in one way or another, have contributed to this tremendous success.

Cagayan Valley Medical Center had several Medical Center Chiefs, and like other institutions, it has overcome challenges and surpassed limitations. The achievements of our predecessors served as a platform and inspiration to deliver better healthcare service.

In the first year of my term in CVMC, I, together with my MANCOM and staff, have unceasingly guided this institution in working together towards making CVMC, a MEGACENTER of the North. CVMC's modernization has only one goal, that is, to provide quality health care service through buildings that can accommodate as many patients and state-of-the-art facilities that can cater to even specialized needs, in addition to the array of medical practitioners equipped with the skills and knowledge to serve.

Among our infrastructure projects:

The opening of the 5-Storey Pay Ward building last February 28, 2018; Ground breaking of the OPD-Medical Arts Building and 2-Storey OPD Psychiatric Building; Rehabilitation of the ENT Ward, Amphitheatre, Board Room; And today, the inauguration of the MRI and Cancer Center Building and the newly-rehabilitated Orthopaedic Ward.

And among our modern medical amenities:

The newly-acquired CT Scan and MRI.

This year it is expected that the following medical facilities will be fully operational: The OPD Psychiatric Building and OPD Medical Arts Building. Likewise, the Acute Stroke Unit and Trauma Center will be established as part of the five-year developmental plan of this hospital.

Beyond these rising buildings and infrastructures, we are determined by the DOH to be the Regional Centers for:

1. Geriatric
2. Heart & Lung
3. Eye
4. Women & Child
5. Orthopaedic

On a different note, the hospital has also strengthened the implementation of various outreach and advocacy programs to better cater to the needs of our fellowmen in the remote areas.



*Dr. Glenn Mathew G. Baggao, Medical Center Chief delivers his State of the Hospital Address (SOHA) during the 73rd Founding Anniversary of the Cagayan Valley Medical Center*

Among these programs include:

- DOH Surgical Caravans. We have fully supported the Surgical Missions by ensuring provisions of manpower, medical and surgical supplies and equipment as visiting hospital with partner hospitals such as, Batanes General Hospital, Basco, Matilde Olivas District Hospital and Northern Cagayan District Hospital with two hundred eighty-nine (289) successful surgical operations.
- The CVMC- Municipal Health Office (MHO) Mental Health Partnership Program which started last February 2017. This extends to nearby provinces to render diagnosis and initial treatment and other mental health services to two thousand, four hundred ten (2,410) patients in 2017.
- The Dental Health Outreach Program which continues to provide good oral health in different schools, communities and agency-partners. As of this date, the Dental Service has already catered to thirteen thousand, six hundred ninety-five (13,695) patients.
- Hospital Wheelchair Initiative Program was also implemented catering the needs of patients with disabled and special needs. For the year 2017, we were able to assess and provide appropriate assistive devices to eight hundred thirteen (813) deserving indigents in the Region.
- CVMC also plays a significant role in implementation of the National Voluntary Blood Services Program. As of today, we have a duly executed Memorandum of Agreements with different partner agencies, NGOs, and different organizations which brought us to numerous national citations;

- In addition to our leading services, we were able to provide BEMONC Training to rural health units and birthing centers in the Region.

This year also marks the first publication of the maiden issue of the CVMC Newsletter "Leaps and Strides." This aims to deliver to the public updates on the activities and services of the hospital. It resulted in the enhancement of client's trust in the provision of their healthcare needs. Likewise, by showcasing and displaying the most noteworthy events undertaken by the CVMC, it motivates our employees to continuously climb greater heights and make themselves contributors to the achievement of CVMC's vision as Center of Wellness benefitting the community it serves.

CVMC also boasts its nine (9) fully accredited training programs for residency in the Department of Obstetric and Gynecology, Department of Internal Medicine, Department of Surgery, Department of Anaesthesiology, Department of Pathology, Department of Family and Community Medicine, Department of Otorhinolaryngology and Department of Orthopaedics and Department of Paediatrics.

We are also the leading training center for all medical and allied medical schools.

The in-service training program is still the best choice for nearby hospitals.

The success I believe we have now, cannot be achieved without hard work and commitment to our beloved institution. What we are now be the driving force to make Cagayan Valley Medical Center BIGGER, BETTER and MORE.

Congratulations to our 73rd Founding Anniversary!!! Mabuhay!



# CVMC Radiology: *Delivering the best imaging service*

By: Adelord Baccay



Testing the new CT scan machine with Dr. Glenn Baggao.

Medical imaging is the eye of the medical doctors in diagnosing and treating diseases. It underlines the importance in the role played by the Radiology in healthcare. This also drives the vision of the Radiology Department to deliver the best imaging service using the best imaging modalities and technologies available.

## New machines, new capabilities!

Last June, Cagayan Valley Medical Center (CVMC), under the leadership of Dr. Glenn Mathew G. Baggao, Medical Center Chief II and Dr. Imelda T. Turingan, Chairman of the Department of Radiology, has inaugurated the new 16 Slice Computed Tomography (CT) Machine and the 1.5 Tesla Magnetic Resonance Imaging Machines. Both machines were procured by the hospital and funded by the Department of Health thru the Health Facility Enhancement Program.

The Hitachi Supria 16 CT scan machine is capable of doing all the routine CT scan imaging service, as well as most of the advanced CT imaging procedures.

The Magnetic Resonance Imaging (MRI) is a medical imaging technique used in radiology to form pictures of the anatomy and the physiological processes of the body in both health and disease. MRI scanners use strong magnetic fields, magnetic field gradients, and radio waves to generate images of the organs in the body. MRI is a medical application of Nuclear Magnetic Resonance (NMR) and does not involve X-rays or the use of ionizing radiation, which distinguishes it from CT or CAT scans and PET scans. The 1.5 Tesla Hitachi Echelon Smart is an advanced imaging modality

end of this year. The institution is one of the recipient hospitals of the Department of Health for the supply, delivery, installation, and commissioning of Nuclear Medicine equipment.

Part of the package is the Single Photon Energy Computed Tomography/Computed Tomography (SPECT/CT) machine which is a nuclear medicine tomographic imaging technique using gamma rays. It is very

which uses magnet in combination with radiofrequency wave to image anatomies.

## What's in the future?

The evolution of medical imaging in CVMC has not stopped yet, in fact, it will continue to get better by the

one is the Computed Tomography machine which uses x-rays to visualize anatomies. With these combinations, the SPECT/CT is a powerful tool to evaluate diseases as well as to precisely locate abnormalities for accurate diagnosis.

The CVMC will soon offer new modality to manage and treat cancer. The installation of the Varian Linear Accelerator (LINAC) and the Saginova Brachytherapy machine are two different modalities of radiotherapy that is used for cancer management.

The LINAC uses a very high energy radiation that delivers a very precise radiation dose which aims to kill cancer cells. While, the brachytherapy machine uses a Cobalt 60 sealed radioactive material as source of radiation to irradiate tumors inside body cavities.

Other significant development in Nuclear Medicine equipment are Radioimmunoassay Laboratory equipment, Hotlab equipment and radiopharmaceuticals, thyroid uptake probe, and treadmill for cardiac evaluations.

With the operation of these machines, the CVMC will be the first and the only hospital to offer radiotherapy service in Region II. The inauguration of the CT Scan Machine, as well as the MRI machine and the expected clinical operation of the Nuclear Medicine and Radiotherapy, will put the

CVMC at par with the best hospitals in the nation to offer advance radiology modalities. All for the objective of giving the best quality healthcare service to the people of Region II.

LB



similar to conventional nuclear medicine planar imaging using a gamma camera, and, it is able to provide three Dimensional (3D) information. This information is typically presented as cross-sectional slices through

the patient, but can be freely reformatted or manipulated as required.

The highlight of the package is the installation of the SPECT/CT which is a combination of two modalities into one machine. One modality is the SPECT which uses radioactive material and another





# Home Coming of an Altruistic Healthcare Leader

By: Charise Gae P. Mabborang and William Apostol

*"As a leader, I inspire others to dream big, do extra mile and shine in their own way."*



"I believe that even those personnel having the lowest position can lead as long as you communicate with them, recognize their needs and wants, identify their potentials, understand their behaviours and enrich their skills. Leadership is about motivating and helping others to improve so that they too can become leaders themselves working to translate the institutions vision into reality", said DOH Regional Director Rio L. Magpantay.

Cagayan Valley is honoured to have an altruistic healthcare leader who is people-centred and outcome oriented at the same time. He believes that leaders cannot simply detriment relationship over results or results for relationship.

Doc Rio, as he is fondly called, finished his Doctor of Medicine in 1984 at the University of Sto. Tomas, Manila. And after studying, he started his career in public health as a rural health physician in Floribel, Pampanga in 1986.

## CAREER HIGHLIGHTS

□ From 1990-1992, he went through the Field Epidemiology Training Program (FETP). During the FETP, Doc Rio had the opportunity to immerse himself with and among the marginalized sectors and he reckoned that something must be done to alleviate their condition.

□ In 2007, Doc Rio's hard work paved way when he was appointed as the regional director of DOH-ROIII.

□ In September 2011, he was assigned as regional director in region II. During his term, the creative director implemented various programs and advocacies that were highly recognized by the central office and were adopted by other regional offices.

□ In 2015, he left Region II and became the head of Health Promotion and Communication Service Central Office (HPCS) of DOH.

□ From 2017-2018, he was assigned as the regional director at Region IV A.

In April 2018, Doc Rio is gladly reassigned in Cagayan Valley and considered this opportunity as his home coming. He is geared to bring down health care services to the poorest of the poor through his flagship program AKAP MO "Ang Kalusugan ng Pamilya Masaya at Organisado". AKAP MO has four components namely: barangay health day, barangay health leadership, barangay health champions and barangay pondohan in partnership with TESDA, DSWD and other stakeholders.

Doc Rio believes in the leadership of the chief of hospitals; trusts and respects their decisions and appreciates their significant contributions and efforts in ensuring delivery of effective, quality and affordable healthcare services. He emphasized that in dealing with patients every employee must be compassionate, good listener and polite communicator. He reminds everyone to respect and treat patients fairly and reinforce positive attitude. He desires hospitals to provide excellent customer service. Moreover, he advised hospitals to have an Epidemiology and Surveillance Unit armed with employees equipped with interpersonal communication skills, and looks forward for collaboration with the Health Education and Promotion Office and Family Medicine in the implementation of various health programs and advocacies.

Through the years, Doc Rio proved that he is a champ in the health care system. He influences people through his hard work and grit to continually strive amidst all challenges. He inspires people through his wisdom and leads with optimism. His fuel is his fierce passion to do more and make a difference in order to ensure the health and wellness of Filipinos.

Indeed, Region II is proud and blessed to be steered by a visionary man with integrity.

## Foods to Beat the Bad Mood!

*Give Your Mood a Little Boost! That tub of ice cream may not work to cure a grouchy morning or a cranky noon!*





## *Forbidden Love*

Christine Iris E. Jayme

Never look into my eyes,  
Never say additional lies.  
I don't know what you truly feel,  
Stop pretending like you love me for real.

Embracing me extremely tight,  
Giving me a pleasant night.  
Words of yours is such an ease,  
Feelings and sensations I can't resist.

I wish I didn't know you from the start.  
I know when she's back you'll leave me apart,  
I guess our emotions would not last,  
Since someone like you will not be just.

Your hands can wipe away my tears,  
Your presence vanishes all my fears.  
If only you are a 'bachelor-free',  
I would love you more than I could be.

The pain that burdens inside of me,  
The love that I hope you'll never see.  
Keeping it will make you realize,  
That leaving me will not be a surprise.

I hate to think that you're not mine,  
I wish to end this and I will be fine.  
Thorns of affections I need to heal,  
My love for you I shouldn't feel.

I love you "bbq" more and more,  
But I need to keep it just like before.  
My emotions should not have fallen,  
Cause my love for you will ever be forbidden.

## *Vision of the Motherland*

LaGuardia4ever

Life is very strange in all its spectacle,  
Since people do not always get what they desire,  
A fall on the touch of the winter's morning,  
Is only a bloom of the dying willow shade in its gloom.

The mystic magic of what you see in my moment,  
Is nothing more than the rising dust from ashes,  
Since my scapular has been burnt,  
To leave no more remnants of the cremation of mankind.

I bid farewell to this life of mine,  
If only to proclaim a thrust for mercy,  
A prayer that our savior answers,  
Since you deserve true happiness for your loyalty.

Moving on is as difficult as change itself,  
But just as the sun rises, so does it set,  
And just as we are born, so must we die,  
Destiny is an inevitable relaxation of our mind.

A flexible Diet to the cornerstone of courage,  
Remember the friendship that you have left behind!  
Raise your head with all its peacock's glory,  
And splendor in the gracefulness of a swan who is alive.

As you embark on this journey of discovery,  
Do take with you the weapons of the trade:  
A sword of truth to fight away the darkness,  
And a sharpened matchet to bond you in blood.

Like others who have condemned the truth,  
You speak of selfishness and what you can do for me.  
Well, I need nothing from any living soul,  
Since we must all seek our security in its heavenly abode.

The river of sorrow and death,  
Cascades over the waterfall of endurance,  
I then search the doldrums of the ocean floor,  
Only to find comfort in what is to be is to be.

My use for others in this earthly place,  
Soars into the heavens,  
But eventually, sinks into the sea.  
When will I realize that the victory lives in me?

## *Positivity*

Shalimar D. Canicula

This is an art made to bring positivity on your day,  
Everyday.

Wake up! You are alive,  
Cheer up! You survived,  
Today is a beautiful day,  
You are one day close to what you pray.

Be Positive,  
Energize yourself with positive energy,  
Start with your own thoughts.

As Lao Tzu said,  
Your thoughts affect your words,  
Your words affect your action,  
Your action becomes a habit,  
Your habit becomes your character,  
Your character creates your destiny.

Believe,  
The more you believe,  
The more you will achieve,  
Your capabilities are what you are,  
Your determination is what you can do,  
Your attitude is how you believe you can succeed.

Be brave,  
Face your fears,  
Attack it with the right mindset,  
Do something now,  
That your future will serve you for.

Be patient and sincere,  
Concentrate,  
Be calm,  
Be confident,  
Find joy, love and happiness with whatever you do,  
Pass on the Positivity!





## CVMC HYMN

*1. Cagayan Valley Medical Center,  
 buhay ng tao'y ipaglaban  
 Tunay na kaibigan ating maaasahan  
 sa oras ng pangangailangan  
 Dekalidad ang serbisyong alay,  
 sa pagbabago ay kaagapay  
 Handang tumulong para sa bayan  
 ng kalusugan ay makamtan*

### Chorus:

*Cagayan Valley Medical Center,  
 may malasakit na pinapadama  
 Ang tapat, maayos at tunay na pagkalinga  
 sa CVMC ay nagkakaisa  
 Masigasig na naglilingkod  
 upang kalusugan ay maitaguyod  
 Nang may takot sa Diyos*

*2. Anumang hirap ay hindi alintana  
 Puyat at pagod ay hindi nadarama  
 Basta't pighati sa puso ng kapwa ay mawala  
 Dahil maayos na serbisyo'y alay sa kanila*

*3. Ang sapat na karunungan taglay  
 Sa iba handang ialay  
 Anumang katayuan mahirap man o mayaman  
 Buong pusong paglilingkuran*