



## CVMC upgrades to 1000 - bed capacity

Charise Gae Mabborang



PCOO Global Media Affairs. (2020, November 25). Pres. Duterte signs Republic Act 11498 upgrading Cagayan Valley Medical Center. Twitter. <https://twitter.com/pcooglobalmedia/status/1331484088637616129>

**W**ith its steadfast mission to provide excellent health care in the region bolstering transformation and constant improvement in the quality of its services, manpower and facilities, the Cagayan Valley Medical Center (CVMC) was upgraded to 1000 bed capacity.

CVMC is one of the teaching and training hospitals in Region II. It accommodates patients throughout Cagayan Valley and nearby provinces of Ilocos and Cordillera Administrative Regions.

On November 13, 2020, President Rodrigo Duterte signed into law Republic Act No. 11498 “An Act

*Increasing the Bed Capacity of Cagayan Valley Medical Center (CVMC) in Tuguegarao City, Province of Cagayan, from Five Hundred (500) to One Thousand (1000) Beds and Appropriating Funds Therefore.”*


A consultative public hearing regarding the implementation of the said law was held on December 4, 2020 followed by the approval of Administrative Order No. 2021-0013 which is the Implementing Rules and Regulations (IRR) for RA 11498 by Secretary Francisco T. Duque III. The said IRR was posted on the DOH intranet on February 16, 2021.

Section 2 of RA 11498 stipulates the upgrading of CVMC’s

existing professional health care service and facilities in conformity with and commensurate to the increase in bed capacity. The provision is consistent with the Hospital Development Plan (HDP) as approved by the Health Facility Development Bureau, and leads towards a Level 3 Government Hospital with specialty and sub-specialty centers.

CVMC shall provide promotive, preventive, diagnostic, curative, rehabilitative and palliative health care, research and training services in accordance with the provisions of the Universal Health Care Act.

From 2018 to 2019, CVMC recorded an average bed occupancy rate of 158%, which is beyond the 85% national standard, hence, the need to upgrade the hospital’s bed capacity and further its development. The increase in the institution’s bed-capacity assures the public of an improved CVMC in terms of state-of-the art equipment and facilities, complemented by adequately trained and competent health human resources dedicated to provide quality health care services.

The author and proponents of the Senate Bill No. 1103 and House Bill No. 6144 were Sen. Imee Marcos, Sen. Christopher “Bong” Go and Cong. Joseph Lara, respectively. 



# Health for every JUAN: Flip or Flop



**T**he ratification of Universal Health Care (UHC) Act in 2019 gives about 113.8 million Filipinos immediate eligibility and access to health care.

The state shall provide its citizens essential health benefit packages under the Philippine Health Insurance Corporation (PhilHealth). These include meals and snacks for admitted patients and necessary medications, select laboratory services, and diagnostic procedures for identified medical cases. Based on the official report of the Department of Budget and Management (DBM), PhilHealth has P57.1 billion of budget in 2018. With UHC in place, this means an increase of budget to P71.4 billion - 24.2% higher than that of 2020.

The implementation of UHC is directed towards the achievement of the health system goals of better health outcomes, sustained health financing, and responsive health system by ensuring that all Filipinos, especially the disadvantaged group, have equal access to affordable, quality, and readily available health services that is suitable to their needs.

Under its implementing rules and regulations, a full coverage of the national population shall be granted full access to the entire spectrum of health care. PhilHealth will become the national purveyor of health services by paying health care providers for services given to Filipinos through a greater source of pool of funds. Province- and city-wide health systems shall be in-charge of overseeing health services instead of the current set-up where municipalities manage their own

health centers.

While every Filipino has a constitutional right to healthcare, the country views healthcare more as a privilege than a right because it is difficult for the poor to access medical care. The reality is that most people do not have the capability to prioritize their health when empty plates, rumbling stomachs, and the thought of out-of-pocket expenses vastly outweigh one's regard for health and well-being.

The overarching philosophy is that health is a right and provision of health services is based on need rather than on a person's capacity to pay.

The focus of modern medical practice in our nation is still more skewed to curative than preventive care. It will be impossible to achieve universal health coverage without greater and more efficient investment in health services. A few of the realities the government must address is to reform the healthcare system in the direction of UHC by considering widening health inequities, slow progress in reducing health problems, high population growth, unequal distribution of health professionals and skilled workers, failed public health care financing, and weak health regulations.

UHC is not an easy system to implement and no single health approach can totally ensure perfection in all aspects of health care services. It is better regarded as a work in progress because health issues will inevitably change overtime. Grounded on the principle of equity, UHC will and should be able to remedy future health problems. *LB*

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# CVMC receives World Bank donations

*Charise Gae Maborang*

The World Bank (WB) foundation through its Philippine COVID-19 Emergency Response Project (PCERP) donated medical equipment, supplies and vehicles to several DOH hospitals including Cagayan Valley Medical Center in 2021 and 2022.

The project aims to enhance the capacity of health facilities to prevent, detect, and respond to the peril posed by coronavirus disease and strengthen the national system for public health preparedness.

PCERP has four components. The main component is to strengthen COVID-19 response and its three subcomponents are: (i) provision of medical and laboratory equipment and reagents; (ii) provision of medical supplies including Personal Protective Equipment (PPE), medicines, and ambulance; and, (iii) enhancement of isolation/quarantine facilities.

CVMC is a proud recipient

of the following donations with the corresponding project status:

a) One-unit Ambulance Type 2 awarded on October 18, 2021, now being managed by the hospital transportation office;

b) 11 units SV 300 Mechanical Ventilator used in the COVID Isolation Ward, considered as 3rd Generation Ventilators, beneficial for neonatal and geriatric patients requiring ventilatory support. It has modes that can provide both invasive and non-invasive ventilation. From date of donation, a total of 225 patients were hooked to the above ventilators;


c) Two digital mobile X-ray machines deployed in the Nightingale Ward (COVID ER) and in the COVID Ward. A total of 10,527 x-ray procedures were done both for admitted COVID-19 suspect and confirmed patients;

d) Upgrading of 5 isolation rooms with negative pressure. This shall

cater severe to critical patients with communicable diseases;

e) One fully automated RT-PCR machine housed in the CVMC Molecular Laboratory in which 288,243 RT-PCR tests have been conducted as of March 13, 2022; and

f) One unit Benefusion VP3 Infusion Pump currently used in the Isolation Ward, which helps in delivering fluids and medications.

In a testimonial video presentation of recipient facilities requested by the DOH on February 28, 2022, Dr. Glenn Mathew G. Baggao extended his sincerest gratitude for the support extended by WB in expediting equitable delivery of life saving devices and vehicles, which contributed for the early diagnostic and better treatment of COVID-19 patients in the region. 



# Sec. Duque visits CVMC

✍️ Charise Gae Mabborang

To ensure efficient delivery of healthcare services, Department of Health (DOH) Secretary Francisco T. Duque, III, visited Cagayan Valley Medical Center on March 9, 2022.

During his on-site inspection, Sec. Duque commended the management headed by Dr. Glenn Mathew G. Baggao, Medical Center Chief, and Dr. Cherry Lou M. Antonio, Chief Medical Professional Staff II, for the vast improvement of the hospital's infrastructure, state-of-the-art medical equipment and efficient health human resource.

He made rounds in the CVMC main building, general wards, Malasakit Center, Outpatient Department Medical Arts Building, Molecular Laboratory and Department of Behavioral Medicine.

"I cannot combat COVID-19 alone, the entire DOH must remain steadfast in responding to the sick, cure and save lives," Duque said.

Duque visited the CVMC vaccination site and administered a second dose Pfizer vaccine to a pediatric client named Eve Clarette Antonio, daughter of Dr. Cherry Lou Antonio. He encouraged parents to prioritize COVID 19 vaccination, consider the safety and efficacy of the vaccine in order to

protect their children especially with the upcoming resumption of face-to-face classes. Further, he advised the vaccination team to ramp up demand strategy to subsets of the population.

Dr. Grace V. Santiago, Regional Director of Cagayan Valley Center for Health Development (CVCHD) and some DOH personnel were present during visit. **L8**



Sec. Duque administers the first dose of Covid-19 Vaccine.



## Usec Vega, Asec Ong acclaim CVMC on maiden visit

✍️ Jerbee G. Tamayo

In their first ever visit to Cagayan Valley Medical Center (CVMC) on April 8, 2022, Dr. Leopoldo Vega, Department of Health (DOH) Undersecretary, and Dr. Romeo Ong, DOH Assistant Secretary, commended its effective pandemic response and healthcare services advancement.

Vega plauded CVMC's roadmap towards becoming an apex hospital in the region. He further underscored the importance of patient-centered care as manifested by the medical center's continual establishment of specialty centers. *"Providing respectful, responsive and compassionate care emphasized through these specialty centers is truly a testament of setting every patient in the center of healthcare,"* Vega stressed.

Duly recognition for its healthcare workers' pivotal role in the battle against COVID-19 was also highlighted.

Auxiliary medical staff, equipment, and medicines were given to augment the health services for the overwhelming number of afflicted patients and rising cases of critically-ill COVID-19 patients.

Dr. Glenn Mathew Baggao, Medical Center Chief II, and Dr. Cherry Lou Antonio, Chief Medical Professional Staff II, both fervently expressed their gratitude to Vega for his full support amidst the pandemic.

Vega is the former chief of Southern Philippines Medical Center, the largest government hospital in the country. Ong, on the other hand, is the former Medical Center Chief of Zamboanga Medical Center.

Their brief visit in CVMC is a part of their on-site visit across all DOH tertiary hospitals in Cagayan Valley. **L8**

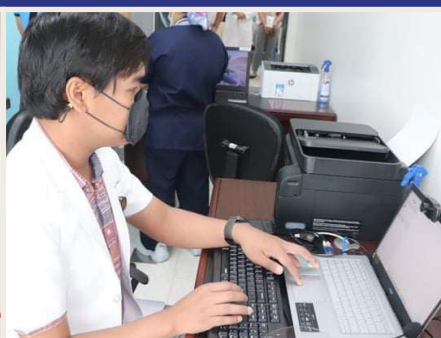


## CVMC opens Telemedicine Center

✍️ Kristine Trinidad



Ribbon cutting by L-R Atty. Kristy Joy Balubal, Dr. Antonio, Dr. Baggao and Dr. Matammu.



Dr. Cesar Mathew Madrid catering to patients during the first telemedicine consultation.

In its quest to strengthen and broaden the healthcare system during this pandemic, Cagayan Valley Medical Center Telemedicine was launched on June 16, 2021.

Attended by representatives from the press, Medical Center Chief Dr. Glenn Mathew Baggao, Chief Medical Professional Staff Dr. Cherry Lou Antonio and the Telemedicine Committee Chair Dr. Domingo Matammu Jr., the center was formally opened to Outpatient clientele for online consultations in response to Covid-19 pandemic. Clients may avail the services from Mondays through Fridays, except

holidays, 8:00 am to 3:00 pm.

In 2021, a total of 6,420 calls were recorded with 1,463 scheduled for consultations. From January to April 2022 4,216 calls were received with 759 scheduled telemedicine.

Despite the opening of face-to-face consultation at the OPD, the CVMC Telemedicine Center still caters clients who will avail online consultation by messaging Telekonsulta (space) whole name of client including middle name, old/ new client, contact number/ Facebook name to 09157638377/ 09605227327 or at the official Facebook Account "CVMC Telemedicine" **L8**



CVMC department heads and employees attends the blessing and inauguration of new CVMC facilities.

# CVMC chief, CVCHD director inaugurate CVMC facilities

✍️ Deborah Ramos

Cagayan Valley Medical Center Chief, Dr. Glenn Mathew Baggao and Cagayan Valley Center for Health Development (CVCHD) Regional Director Dr. Grace Santiago spearheaded the blessing and inauguration of the hospital's newly acquired Hologic Selena Dimensions Digital Mammography Machine with 3D Tomosynthesis and a Shimadzu Radspeed Pro X-ray Machine in the Outpatient Department on February 17.

The top-of-the-line diagnostic apparatuses offer more practicality, comfort, and convenience as digital

images from the said equipment are easily stored and retrieved.

During her interview, Dr. Santiago commended CVMC for its efficient use of spaces with optimum functionality.

Dr. Santiago also highlighted Dr. Baggao's plans for CVMC and expressed her commitment to help the institution to better serve not only Cagayan but the entire region including the provinces of the Ilocos and Cordillera Administrative Regions.

Dr. Baggao and Dr. Santiago were also joined in the endeavor by the

CVMC's Chief Medical Professional Staff, Dr. Cherry Lou M. Antonio and other hospital personnel from the different divisions.

The launching of the Smoking Cessation Clinic followed shortly after. The establishment of the clinic is part of CVMC's initiative and advocacy to curb tobacco use and dependence among its employees and clients. The facility also ensures a higher success rate in the management and treatment of smokers who are determined to quit the habit. **L&B**

# CVMC retains Quality Management System (9001:2015) Cert

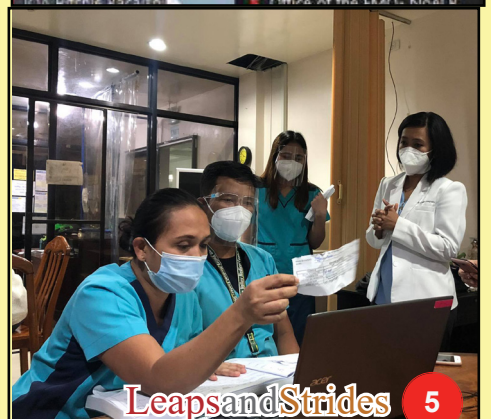
✍️ Garry Anthony Pagaddu

Despite challenges posed by the coronavirus disease 2019 (COVID-19) pandemic, the Cagayan Valley Medical Center (CVMC) has retained its ISO 9001:2015 certification - provision of healthcare services, in-patients and outpatients.

The third-party auditor Societe de Controles Techniques (SOCOTEC) resorted to a virtual remote one-day audit on February 9, 2022 due to the pandemic. The virtual audit was facilitated by the CVMC's Internal Quality Audit Committee (IQA), headed by Dr. Jane G. Pagaddu, Quality Management Officer

(QMR) and with the support of the top management, Dr. Cherry Lou M. Antonio, Chief Medical Professional Staff II, and Dr. Glenn Mathew G. Baggao, Medical Center Chief II.

Recertification of CVMC's quality management system under ISO 9001:2015 Standard is a proof of the organization's commitment to providing quality health care, even amid the Covid-19 pandemic. This achievement ensures that our processes are one of high quality standard. **L&B**




Dr. Baggao, Dr. Antonio and other auditees presenting evidencial sources during the virtual audit.

# CVMC conducts surgical missions

 Deborah Ramos

To realize its aim to actively participate in the national effort to upgrade health care delivery in the country, Cagayan Valley Medical Center, through the initiative of Dr. Glenn Mathew Baggao and the department heads of Surgery, ENT and Ophthalmology, conducted a series of surgical missions at the City of Ilagan Medical Center (CIMC) on March 11-12, 2022. This is in cooperation with the Philippine College of Surgeons – North Eastern Luzon Chapter. Some 23 beneficiaries were treated and served during the mission that focused mainly on cholecystectomy, thyroidectomy, lobectomy, hernioplasty/ herniotomy, and mass excision.

On March 19, the department of surgery, in collaboration with the Philippine Association of Thoracic, Cardiac and Vascular Surgeons, Inc.(PATACSI) held a surgical mission for Arteriovenous Fistula (AVF) Creation and Tunneled Central Venous Cannula (CVC) Insertion. The procedures were done by Vascular Fellows and Consultants in CVMC where 21 patients from Cagayan and Isabela who are suffering from Chronic Kidney Disease (CKD) needing an access site for hemodialysis benefited from the said mission.

A 3-day Quadruple Surgical Mission (Operation Cleft Palate, Operation Cataract, Operation Tuli, and Operation Bukol) was also conducted on April 4-6, 2022 at the Gov. Faustino N. Dy Sr. Memorial Hospital (GFNDMH). The undertaking was made possible through the partnership of CVMC, the provincial government of Isabela, and GFNDMH. 454 patients benefited from the surgical services: 151 for operation tuli; 4 for operation cleft palate; 44 consultations for operation cataract (6 of which underwent surgical procedure); and 255 consultations for operation bukol (50 of which underwent minor operations). 

# Lab dept holds first CPDAS seminar

 Jerbee G. Tamayo

To cope with the steadily evolving healthcare system while reinforcing skills and reducing knowledge shortfalls, the Department of Pathology and Laboratories organized the first ever Continuing Professional Development Accreditation System (CPDAS) accredited seminar in the institution held at the CVMC Amphitheater on May 5, 2022.

The cascading activity on “Handling, Packaging, Documenting, Shipping, and Transport of Valuable Biological Materials (VBM)” was participated by 27 registered medical technologists directly and indirectly involved in the preparation and transport of biological materials which is crucial in the interest of public health.

The ultimate goal of this seminar is to equip all laboratory personnel involved in packaging, labeling and transporting biological materials with adequate knowledge and skills and become more competent and acquainted with the local and international transport regulations.


This activity is in line with the vision of the Professional Regulation

Commission (PRC) to streamline its operations to make its services more accessible and affordable to professionals and Continuing Professional Development (CPD) providers through the computerized CPDAS.

The PRC Council of Medical Technology has approved

5 CPD units for the said activity.

The initiator and resource person of this undertaking, Ms. Lyn Margarette Badajos, recently completed her training on Biorisk Management last March 1 to 4.

CVMC was officially accredited as a CPD provider on July 1, 2020. 



Participants during the CPDAS seminar post-test.



The graduates taking their pledge of loyalty during the 2021-2022 Resident-Physician's Commencement Exercises.

## Resident MDs wrap-up commencement exercises

✍️ Harlean S. Lim

“Being a physician is more than putting on a white coat, spending sleepless nights, and not prioritizing personal gratification. It is a commitment to begin another true journey in the medical field.” said, Dr. Glenn Mathew Baggao, Medical Center Chief (MCC) II of Cagayan Valley Medical Center in the recently concluded 2021-2022 Resident Physicians’ Commencement Exercises on April 25, 2022 at the CVMC Amphitheater.

He further emphasized, “the graduates’ name may be forgotten but not their altruistic act; that the fire in their spirit to adhere in the commandment of service as a response to their mission to care, cure and save lives remains with humility and gratitude towards their parents and God.”

CVMC is the referral center of Region II for Covid-19 patients. According to Dr. Cherry Lou M. Antonio, Chief Medical Professional Staff (CMPS), all the Resident Doctors were deployed to longer hours of work in the Isolation Wards that may lead to exhaustion. These resident doctors in the war zone took this earth shaker challenge to equip themselves with knowledge and skills for their specialty examinations that would broaden their

horizons into greater responsibilities.

Dr. Rhoderick Ian Reyes, CVMC Chief Training Officer, presented the eighteen (18) resident graduates who completed all the requirements prescribed by their respective departments. Our CMPS certified the eligibility for graduation and Dr. Baggao confirmed the candidates.

### Department of Surgery

1. Reigelson J. Mariano, MD
2. Karla Mae T. Dinong, MD
3. Jenny S. Aguinaldo, MD
4. Freddie D. Fagela, MD
5. Wilmar Jay A. Tamani, MD

### Department of Family and Community

1. Cesar Mathew U. Madria, MD
2. Domingo T. Pamittan Jr., MD

### Department of Pathology & Laboratories

1. Allen Reigh T. Catembung, MD

### Department of Obstetrics & Gynecology

1. Jhoanne Eizel Peralta-Ibanez, MD
2. Ma. Enrica Pattaguan-Bosito, MD
3. Mari-Carr Ibera-Taguinod, MD
4. Myera Angelica Ancheta, MD

### Department of Anesthesiology

1. Florence W. Albano-Bayag, MD
2. Katrina T. Cadarma, MD
3. Mark James C. Taguinod, MD
4. Le Anne Daphne R. Taganas, MD

### Department of Internal Medicine

1. John Vincent A. Pagaddu, MD
2. Jay Albert G. Salmazan, MD

Marcelina M. Ringor, MD, FPCP, the commencement speaker, encouraged the graduates to continue to be resilient and determined; and to serve with great fortitude, integrity and dignity despite the encounter of undiagnosed and undefined cases. She added, “practice what they preach and be the best physician in touching the lives of our patients.”

Dr. Cesar Mathew Madria, Chief Resident of Family and Community Medicine delivered the Graduate’s Response. He shared the common core values of the graduates namely: Community, Vivacity, Morality, and Commitment. These are their value systems in carrying out the vision and mission of our beloved institution. **LSB**

## Brain and spine center on the works

✍️ Andre Norman Tumaliuan

Remaining steadfast to its commitment in building multi-specialty centers and as one apex hospital, the Cagayan Valley Medical Center established the Brain and Spine Center on February 18, 2021.

On June this year, DOH undersecretary Libibeth David and Health Facility Enhancement Program (HFEP) Director Leonita Gorgolon graced the

facility’s pre-construction ceremony.

CVMC hopes to resume the construction of the three-storey building by the 3rd quarter of this year.

The second floor will house operating room theaters and Surgery Intensive Care Unit while the third floor will house the 20 to 25- bed Nuerosurgey ward.

The first floor, initially inaugurated

in 2018, currently serves patients with immediate and critical neurosurgical needs. It is built for Neurology Intensive Care and Acute Stroke Units. Dr. Marites Sibbaluca, Section Head and Mr. Jay Mark Aresta, Unit Nurse Manager, spearhead the unit.

The center is expected to meet the growing demands of the clientele for affordable and accessible health care. **LSB**



Usec David, Dir. Gorgolon, and MDs pose for a picture during the ground breaking ceremony in front of the Acute Stroke Unit.



# CVMC produces 16 new diplomates

*John Vincent A. Pagaddu, MD*

As the largest tertiary, teaching and training hospital in the region, Cagayan Valley Medical Center (CVMC) caters a wide variety of cases and accommodates all patients throughout the region including nearby provinces. Recognizing the need for more specialists in the region, the top management of CVMC under the leadership of its Medical Center Chief, Dr. Glenn Matthew Baggao, and its Chief Medical Professional Staff, Dr. Cherry Lou Molina-Antonio, devised a scheme to strengthen and enhance its residency training programs.

CVMC stands tall today because, in just a span of two years, the institution has already produced a total of 16 new diplomates in their respective fields of specialization - 9 new diplomates in 2021 and 7 new diplomates in 2022. This number is a great addition to the growing number of specialists in the region.

The following have satisfied the requirements for and have been conferred

Diplomate status by their respective specialty societies:

### Diplomate of the Philippine College of Physicians

- Dr. Kathleen Galam (2021)
- Dr. Ma. Angelica Pauig (2021)
- Dr. Janice Joy Quinto (2021)
- Dr. John Vincent Pagaddu (2022)
- Dr. Katrina Pattaguan (2022)
- Dr. Elenita Rose Ruiz (2022)
- Dr. Jay Salmazan (2022)

### Diplomate of the Philippine Pediatric Society

- Dr. Maria Aloevara Balico-Rivera (2021)
- Dr. Iris Jane Galiza-Ravelo (2022)

### Diplomate of the Philippine Board of Anesthesiology

- Dr. Maria Cristina Castro (2021)
- Dr. Emanuela Flores (2021)

### Diplomate of the Philippine Academy of Family Physicians

- Dr. Marie Chris Yolka Pascua-Balubal (2022)

### Diplomate of the Philippine Board of Otorhinolaryngology - Head and Neck Surgery

- Dr. Christian Vion Guzman (2021)
- Dr. Iverson Cruz (2021)

### Diplomate of the Philippine Society of Pathologists

- Dr. Marissa Cauilan (Anatomic and Clinical Pathology; 2021)
- Dr. Allen Reigh Catembung (Clinical Pathology; 2022)

The following CVMC graduates passed the specialty board certifying written examination of their respective specialty societies and are to take the oral and/or practical examinations: Dr. Le Anne Daphne Taganas (Anesthesiology); Dr. Ma. Farah Balmores (Pediatrics); Dr. Jhoanne Eizle Peralta-Ibanez (Obstetrics-Gynecology); Dr. Freddie Fagela (Surgery); and Dr. Jenny Aguinaldo (Surgery). *LB*

# CVMC adds 2 accredited residency training programs

*John Vincent A. Pagaddu, MD*

Cagayan Valley Medical Center, the largest medical center and training hospital in the region, earned two more accredited training programs. In 2021, the residency training program of the Department of Radiology earned a 4-year accreditation status from the Board of Trustees of the Philippine College of Radiology. The practice-based residency training program of the Department of Family and Community Medicine was recognized as a new program by the Philippine Academy of Family Physicians, Inc.

With the addition of the two to the roster of training programs, CVMC has now the most number of accredited residency training programs in Region II: Internal Medicine; Obstetrics and Gynecology; Surgery; Pediatrics; Anesthesiology; Otorhinolaryngology - Head and Neck Surgery (ORL-HNS); Anatomic and Clinical Pathology; Orthopedics; Family

Medicine (traditional/hospital-based program and practice-based program); and Radiology.

CVMC was recently granted re-accreditation by different specialty societies for the following residency training programs: Anesthesiology (3 years); Pathology (3 years); Otorhinolaryngology - Head and Neck Surgery (ORL-HNS) (4 years); Internal Medicine (3 years); Surgery (2 years); and Pediatrics (4 years). The Pediatric residency training program was granted Level III accreditation status by the Philippine Pediatric Society, making it the only Level III-accredited Pediatric Residency Training Program in the region.

Meanwhile, three other programs - Obstetrics and Gynecology, Orthopedics, and Family Medicine (Traditional/Hospital-based program) - are due for re-accreditation this year. *LB*







L-R. Front Row. CVMC GADFPS Ms. Jassel Tamayao, Ms. Sorita, Ms. Trisha Fugaban, Dr. Baggao, Dr. Antonio, Ms. Felipa Centeno, Atty. Mylene Diamsay, Mr. Andre Norman Tumalian, Ms. Mary Joy Hortilano, Ms. Czarina Canicula, Ms. Amadelle Martinez, Ms. Polyne Grace Acluba, Ms. Catherine Mendoza, Ms. Odessa Lavadia, Ms. Gemalyn Maborang, Ms. Gelacia Abaddu, Ms. Joyce Ann La Madrid and Mr. William Apostol pose for a picture after the kick-off activity.

## GADFPS initiates Women's Month celebration

*Joyce Ann B. La Madrid*

The Gender and Development Focal Point System (GADFPS) of the Cagayan Valley Medical Center (CVMC) initiated the celebration of Women's Month on March 2022. The theme "WE Make CHANGE Work for Women" and sub-theme "Agenda ng Kababaihan, Tungo sa Kaunlaran" aims to recognize women's role and contribution to nation-building and as agents of national development.

Dr. Cherry Lou M. Antonio, GAD TWG Chairperson, and Dr. Glenn Mathew G. Baggao, Chairperson both attended the kick-off ceremony on March 7, 2022.

The first day commenced with the displaying of banners, tarpaulins and the distribution of GAD Information, Education, and Communication (IEC) printed materials facilitated by Ms. Trisha Fugaban together with the Customer Service Representatives. The IEC was also posted online thru the official website that was made possible by Ms. Amadelle Martinez.

During the "Musika ng Kababaihan", songs from Philippine Commission on Women (PCW) MusikJuana Songwriting

Contest were played on CVMC premises thru the Information Section every Friday.

The Women's Month celebration virtual lecture and online film screening was conducted in 5 batches dated March 8, 9, 10, 11 & 14, 2022 graced by Dr. Glenn Mathew Baggao, Dr. Cherry Lou M. Antonio and Ms. Jocelyn I. Sorita. Relevant topics were discussed by various speakers from different fields of specialty.

The "Serbisyo para kay Juana" activity was adopted by areas such as the Dental Medicine, headed by Dr. Minerva Paz, and the Department of Obstetrics and Gynecology thru Dr. Myera Ancheta, Focal Person. Services include the provision of dental kits, offering free prenatal care and ultrasound services for pregnant women and new gynecological cases, and distribution of multivitamins, ferrous sulfate, and folic acid to pregnant women. The Behavioral Medicine Ward in collaboration with the LTO-Regional Office 2 also conducted gift-giving in all female wards of the said department. Some 49 patients received food, drinks, and hygiene kits. Other areas gave Juan and Juanas special

treats like freebies, discounts, and special lanes.

The CVMC personnel supported the activity by wearing anything purple on all Tuesdays of March as well as lighting up decorating offices or landmarks to spark interest of said celebration. *LSB*

## NDS holds values formation forum

*Veronica Angel Subido*

To promote employees' self-awareness and values development as well as their working relationships and attitudes towards work, the CagayanValley Medical Center (CVMC) Nutrition and Dietetics Service (NDS) held seven batches of values formation forums on March 22&29, 2022 and April 5, 12, 19&26, 2022 at CVMC Amphitheater and NDS Hall.

The activities include short lectures on values such as godliness, integrity, cooperation, commitment and dedication, sense of responsibility and values of work by Ms. Minonette Dayag and Ms. Reyna Marie Urita from the Human Resource Management Section. The discussants asserted that for the staff to model these principles, the supervisors must first exemplify it. Also conducted were film-viewing and open fora.

The activity ended with an oath to abide and practice the shared values. An evaluation shall be conducted every month to assess the effectiveness of its implementation. *LSB*



Dr. Baggao delivers his message during the forum together with Ms. Bernadette Bartolome.

## OB- Gyn dept tops in- house MBD

*Melody Grace B. Garduque*

The Department of Obstetrics and Gynecology bested others for the SANDUGO Most Number of Donors among the departments of Cagayan Valley Medical Center (CVMC) during the 12th SANDUGO Virtual Recognition and Awarding Ceremony held at the Department of Health (DOH) Region 02 Conference Hall on November 5, 2021.

A total of 255 blood donors participated in the in-house blood-letting activity by the said department leading them to gain such prestige. CVMC-Department of Pediatrics came second

with 138 blood donors, followed closely with 132 donors by the Department of Pathology and Laboratories, while the Intensive Care Unit (ICU) and Dialysis Unit contributed 114 blood donors.

"This in-house blood donation drives is our way to replenish our blood stocks in this blood service facility as the country faces the COVID 19 pandemic", CVMC Medical Center Chief II Dr. Glen Matthew said. "This is also our way to rededicate ourselves in the promotion of voluntary blood donation", he added. *LSB*



# Fun Run:

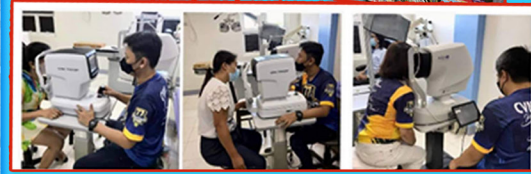
"Takbo para Anibersaryo"



June 19, 2022

Motorcade Around the City

Tree Planting



June 20, 2022

Eucharistic Celebration

Flag Raising Ceremony

Opening of Health Booths



DR. GLENN MATHEW G. BAGGAO  
MEDICAL CHIEF



DR. CHERRY LOU M. ANTONIO  
CHIEF PROFESSIONAL STAFF



NEEL B. ARNEDO CPA  
FINANCIAL OFFICER/MANAGEMENT





**AWARDING OF  
"AREA KO, LINIS KO"  
CONTEST WINNER**



**CONTEST WINNER**



**June 21, 2022**

*Blessing of  
Finance Office*

*Area Ko, Linis ko*

*Poster Making Contest*



**June 22, 2022**

*Blood Letting  
Activity*



**June 24, 2022**

*Groundbreaking of Trauma Center*

*Socialization Night  
and Recognition of Outstanding  
Leaps and Strides 11 Employees*

*"Pagbabalik tanaw sa pinagmulan"*



# The IDDU Awardee

*Charise Gae P. Maborang*

Passionate, versatile and selfless - the effervescent Chief Medical Professional Staff (CMPS) II of CVMC, Dr. Cherry Lou Molina Antonio, is widely known for possessing such characteristics.

She is a certified public servant who utilizes multi-craic leadership style to constantly inspire and influence men and women in all walks of life.

She was hailed as the first ever pediatric neurologist in the province of Cagayan. Also, in December 2018, she was appointed as the first female CMPS in the history of CVMC and the youngest CMPS in all DOH Hospitals.

Owing to her exemplary performance as an educator, medical consultant, leader, researcher and efficient public servant, she is recognized as an IDDU awardee by the Philippine Information Agency on December 16, 2020.

The Philippine Information Agency Cagayan Valley honored the outstanding achievements of Dr. Antonio in her chosen career and advocacies.

“Iddu” is an Ibanag term which means “loved one or beloved”.

The annual IDDU Honor Roles Award started in March 2012. This award system aims to recognize outstanding women whose exemplary performances and outstanding achievements continue to serve as inspiration and model to the rest of the women sector who untiringly contributed to community development and to the society in their respective fields of endeavor.

Who and where she is right now is not by luck or by chance but a product of true sacrifice and hard work. Dr. Antonio never fails to embody a modern-day woman who transcends love and compassion beyond borders.

Indeed, CVMC is forever proud of a young and vibrant Ibanag, brimmed with enthusiasm and passion to transform the health care system. *LB*



## The Outstanding Social Worker

*Rocel M. Dela Cruz*

“ I’m not asking for any Recognition. Someone up there is watching. My reward is in Heaven ”

With humble act, Ms. Catherine Columbano-Mendoza, head of the Social Service Section of Cagayan Valley Medical Center was awarded as one of the Outstanding Social Workers of the Philippines in November 26, 2020 during the Philippine Association of the Philippines Incorporated (PASWI) Convention. This award made colleagues in the medical setting proud of recognizing Medical Social Workers in the Philippines for their contribution in promoting the welfare of the Filipino people particularly the right for free access to Health Services of the government.

Ms. Mendoza, also received a prestigious award during the celebration of the “Dangal ng Lahing Cagayano 2022” under the Category of Community Service. She was awarded with “Gintong Medalya” Award on June 28, 2022. Significant experiences during eighteen (18) years as a Social Worker at the Local Government of Tuao, Cagayan gave full understanding of the real situation in the community. It made more persistent and aggressive to fight for her advocacy for equal rights among all Cagayanos regardless of the sectoral group. Direct experiences in the community helped execute desires for public service in delivering consistent and fair assessment of patients who needs health services in Cagayan Valley Medical Center. *LB*

# PRAISE committee awards outstanding employees

*Jerbee Tamayo*

To recognize their commendable service, distinctive passion, profound dedication, and transcending contribution towards the attainment of the vision and mission of this institution, Cagayan Valley Medical Center (CVMC) – Program on Awards and Incentives for Service Excellence (PRAISE) committee has accorded the Outstanding Employees Award to meritorious individuals who have displayed exemplary work performance and worth emulating behavior in each of their respective fields on June 24, 2022 during the CVMC 77th Founding Anniversary held at Cagayan State University (CSU) Andrews Campus Gymnasium.

Outstanding Employee Award recipients were selected by the PRAISE committee based on their demonstrated ability to meet the established criteria which included noteworthiness of significant performance (15%), impact of performance and/or achievements (15%), reliability and effectiveness (15%), consistency of performance (15%), impact of behavioral performance (35%), and other similar circumstances or considerations in favor of the nominee (5%).

Two awardees comprised of 1 regular employee and 1 service contract worker (SCW) were chosen from each division – Medical, Nursing, Hospital Operations and Patient Support Services (HOPSS), Finance, and the Office of the Medical Center Chief (OMCC).


The Outstanding Employee Award recipients were as follows:

## Regular Employees

- OMCC – Charise Gae P. Maborrang
- Medical – Maximino A. Lopez
- Finance – Daisy A. Andal
- Nursing – Meriley B. Languian
- HOPSS – Jerby Tumanguil

## Service Contract Workers

- OMCC – Rhina L. Agmilao
- Medical – Geraldine A. Pattaguan
- Finance – Jessa May de Leon
- Nursing – Quirico A. Tibis
- HOPSS – Nelson Taguiam

The goal of this employee recognition program is to reinforce particular behaviors, practices, or activities that result in better work performance and to cultivate a culture of self-improvement within the institution. 





# MOLECULAR LABS at the front line of the

*Donna Therese M. Taguinod*

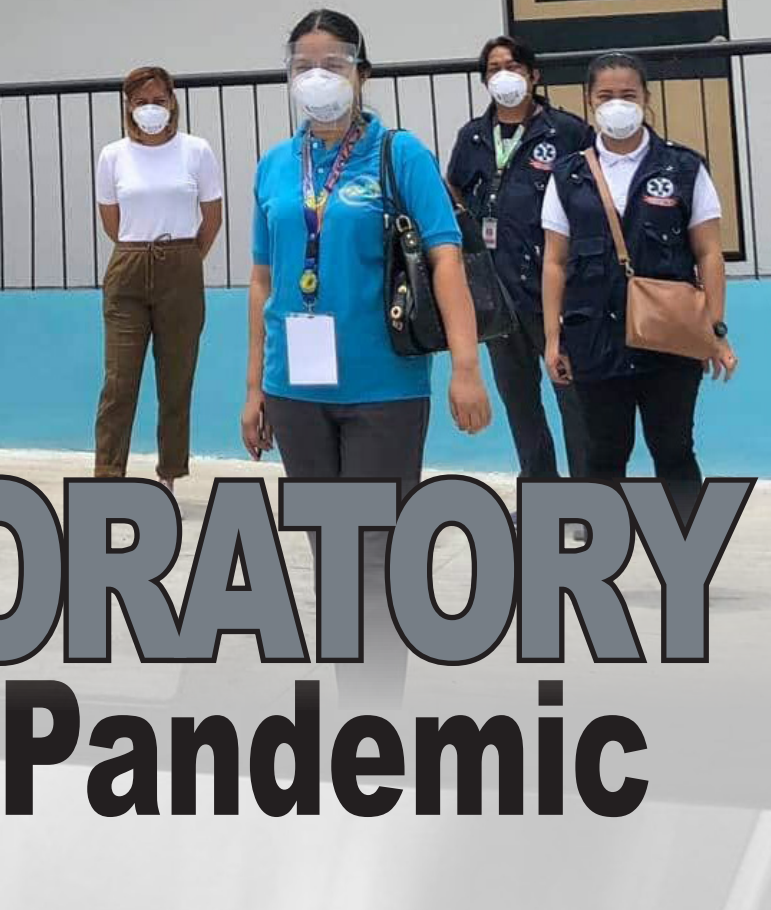
The rapid spread of SARS-CoV-2 infections has developed fear and anxiety in a global scale. It started as a Public Health Emergency of international concern on January 30, 2020 and was officially declared as a pandemic by the World Health Organization (WHO) on March 11, 2020. The “what, how, why, where, and when” were the many questions that baffled the minds of the curious public which may seem an unending scuffle of things that need answers. The “how” part is the “challenge” to provide faster mitigation of the spread of infection. Indeed, making COVID-19 tests available to the public instantaneously may seem impossible to achieve given the circumstances where time and resources are at stake. This has also challenged leadership to take initiative to confront one of the most appalling events that humanity has to experience in this modern times.

Various testing modalities (antibody tests, rapid antigen tests, and PCR-based tests) have been developed to help catch COVID-19. In the Philippine setting, rapid antibody tests are the first one to be widely utilized, most especially during the first few months of the pandemic. The test, however, only detects the body’s immune response to the virus and is not effective at the early phase of infection. In contrast to antibody tests, rapid antigen tests (or more popularly known as RAT) detects the presence of the virus (antigen) itself. RAT is best used when the patient is already experiencing flu-like symptoms. During this time, it is presumed that the body has adequate viral load for the antigen kit to detect; hence, positive RAT results are highly accurate when used in the symptomatic phase. The Center for Disease Control (CDC) and the WHO, however, recommend the use of real time reverse transcriptase polymerase chain reaction (rRT-PCR) in the diagnosis of COVID-19. RT-PCR, like the RAT, also detects the virus (antigen). But compared to RAT where patient must have sufficient viral load for a test to be positive, RT-PCR can amplify even minute amounts of the SARS-CoV-2 viral genetic material (RNA) present in a sample. Hence, RT-PCR can detect the virus at the earliest phase of the infection when viral load is still low. This test, therefore, provides the most accurate and reliable result and is

considered the gold standard test for the diagnosis of COVID-19.

Establishing a Molecular Laboratory is not an easy feat to do. Unlike a regular clinical laboratory, the molecular pathology set up requires complex infrastructures using negative pressure rooms and exhausts as well as expensive machines such as RNA extraction machines, thermocyclers (PCR machine), biosafety cabinets, laminar flow hoods, and ultralow freezers. Nonetheless, the Cagayan Valley Medical Center (CVMC), being the largest DOH-retained, tertiary hospital in Region 2, took on the challenge to set up its own Molecular Laboratory in order to help augment the testing capacity in the Cagayan Valley Region because at that time, only Cagayan Valley CHD (CV CHD) TB Reference Laboratory is capable of testing samples through cartridge-based (GeneXpert) RT-PCR testing. After series of compliances and visits by the DOH Licensing Team, the CVMC COVID 19 Testing Center (Molecular Laboratory) was then inaugurated on August 03, 2020 as the first Molecular Laboratory in Region II capable of performing plate-based RT-PCR testing. This would not have been possible without the relentless efforts of the CVMC’s Top Management headed by Dr. Glenn Mathew G. Baggao, Medical Center Chief, and Dr. Cherry Lou M. Antonio, Chief Medical Professional Staff. CVMC Molecular Laboratory has mostly catered to the RT-PCR needs of the entire Region 2 and some parts of Kalinga and Apayao until November of the same year. Three other Molecular Laboratories: Southern Isabela Medical Center (SIMC) Molecular Laboratory, San Antonio City of Ilagan Hospital (SACIH) Molecular Laboratory, and Philippine Red Cross (PRC) – Ilagan City, subsequently followed.

According to Dr. Jane G. Pagaddu, Head of the Department of Pathology and Laboratories, and Dr. Marvin John B. Pua, Section Head of Molecular Laboratory, the utilization of fully automated RNA extraction and PCR machines has allowed the Molecular Laboratory to process as much as 700-800 samples per day to date. They also added that through the creation of an Application Program Initiative (API) system



# LABORATORY Pandemic

connection between the Laboratory Information System (LIS) of the Molecular Laboratory and the COVID CODA, real-time releasing of results to the referring facilities was made possible. The successful API integration was a collaborative effort between the information technologists of the Department of Health - Region 2 office and the Integrated Hospital Operation Management Program (IHOMP) Unit of CVMC headed by Mr. June Prodigio. The real-time releasing of results has enabled immediate identification of COVID -19 positive patients which is especially useful in contact-tracing purposes and ultimately in the containment of the spread of the virus.

The journey continues to provide efficient COVID-19 response with the set-up of CVMC COVID 19 Walk-Thru Swab Booth on November 3, 2020. The idea to expand services to all asymptomatic clients needing RT-PCR swab tests has offered greater reach and convenience to clients especially those traveling abroad. The swab booth operates from 9:00 am to 3:00 pm, every day from Monday to Sunday, by appointment. Likewise, establishment of a Rapid Antigen Booth on May 24, 2021 beside the Emergency Department has also greatly helped in terms of initial management of cases while waiting for the RT-PCR result.

We are now two years into the pandemic and this is an unprecedented time in our history as we continue to mitigate and contain the spread of the virus. Laboratory professionals have always been at the frontlines 24/7, selflessly and tirelessly performing the test for the coronavirus and making sure that accurate results are made available. Without the Molecular Laboratories, the diagnosis of COVID-19 infection is simply not conceivable. Without an accurate RT-PCR test result, clinicians are not properly guided in making an appropriate diagnosis and in providing the correct treatment and management for their patients. Indeed, pathologists, medical technologists, and other laboratory staff are the unseen, unsung heroes of this pandemic. *LiB*

## Repurposing Payward: A Paradigm Shift for COVID-19 Response

*LiB* Remshell Cabantog, Ian Paul Concepcion

The confirmation of the first COVID-19 positive patient in CVMC on March 2020 prompted the institution to initiate contingency plans and strategies in order to address the threats of the pandemic.

One strategy is the repurposing of the 150-bed paywards into COVID-19 isolation wards. Each room accommodates one patient which makes it conducive for treatment of patients.

The provision of Hemodialysis, ABG, X-ray, Ultrasound, Operation and Delivery rooms has ensured optimized care for patients. The fifth floor housed the command center where referral is done for prompt and efficient response.

In 2020, a total of 2,578 patients were admitted. This staggering number of patients challenged the resiliency of every staff in the frontline.

The grim outturn of the pandemic almost brought the healthcare system to its knees when there was a surge of cases in 2021, brought about by new variants, propelled the number of admissions to a confounding 7,188 cases. In order to address this unprecedented event, temporary accommodations for patients such as tents are set-up at the Nightingale Ward. This holds a record high admission rate to date.

In January, another surge of cases was recorded following the easing of community quarantine restrictions in the region. However, with a well-placed Strategic Preparedness and Response Plan of the government which includes massive vaccination drive, admissions are in steady decline.

From January to March, there are only 1,518 COVID-related admissions - a decrease by 80%. *LiB*





# Leaps & Strides holds 3-day writeshop

Clinton P. Yabut

To enhance the journalistic competence amongst writers, the CVMC Newsletter Editorial Board successfully conducted the 3-day seminar-writeshop on April 27-29, 2022 at Taj Hotel in Tuguegarao City.

On the first day of the activity, Amir M. Aquino, Head of the Public Unit of the Department of Education, Regional Office II, discussed poetry writing, copy reading and headline writing, and science feature writing. Participants were tasked to write different features and literary pieces.

Villamor Visaya, correspondent

of the Philippine Daily Inquirer, was the speaker during the second day of the activity. He shared his expertise in the field of photojournalism, news writing, and layouting. Aside from writing news and feature articles, participants were grouped into 4 and each group drafted and presented their lay outs.

On the last day of the activity, Mark Vincent J. Gocal, Senior Professional Regulations Officer of the Professional Regulation Commission Regional Office 02, delivered important topics related to editorial writing, columns/opinion writing,

and editorial cartooning.

The three emphasized the principles of journalism which include truthfulness, accuracy, objectivity, impartiality, fairness and public accountability.

Behind the success of the activity is the overall support and guidance of the two chief technical advisers- Dr. Glenn Mathew G. Baggao, Medical Center Chief II and Dr. Cherry Lou M. Antonio, Chief Medical Professional Staff II. **L&B**

# Ilagan City seizes SANDUGO tilt

Melody Grace B. Garduque

With a whopping 6,360 blood donors, the Ilagan Blood Depository System (IBLOODS) of Ilagan City, Isabela received the much-coveted Dr. Cirilo M. Pintucan Memorial Award - SANDUGO Municipality of the Year during the 12th SANDUGO Virtual Recognition and Awarding Ceremony held at the Department of Health (DOH) Region 02 conference hall on November 5, 2021.

In a virtual program, the award was given to them in recognition of their sterling support in blood donation drives covering 2018 and 2019. Other municipalities were lauded for their participation in the said cause. Next on the list is Baggao, Cagayan with 5,791 donors, San Mariano, Isabela with 1,998 donors, Penablanca, Cagayan with 1,971 donors, Solana, Cagayan with 2,386 donors and Cabagan, Isabela with 707 donors.

In his acceptance speech, Ilagan City Mayor, Jose Marie L. Diaz, reiterated the importance of voluntary blood donation in the community as this contributed to saving lives especially that blood supply plummeted during this pandemic.

Various winners - 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. The awardees were recognized thru their efforts by the DOH -RO2 and CVMC as the lead blood service facility in the region.

Meanwhile, the SANDUGO Outstanding Walk-in Award was given to individuals who donated at least five times in two years. Among those were Glenn P.

Ayuyang, Elmer P. Abana, Benjamin S. Banez, Dr. Amparo Rosario C. Banez, Jerome Ian Paul T. Casibang, Vicente C. Catulin Jr., Christopher L. Coballes, Simon Jay P. Contillo, Marciano T. Co, Michael Bob Z. Jampas, Dr. Jaylord S. Saniatan, Emilio S. Tan, Celina Aurora A. Udanga, Daniel C. Cruz, Loreto M. Feliciano Jr., Bonifacio N. De Guzman, John Bryan V. Abrigo, Jayson R. Salvador (PRC Isabela), Severino P. Soro (PRC Isabela) and Angelito F. Serdenia.

The Prime Mover Award was given to Dr. Diosdado Jovian E. Domingo, Reynolds R. Lora, Excelsis R. De Leon, Rosauro G. Resuello and Dr. Julius T. Capili.

The Divine Mercy Wellness Center (DMWC) bagged the SANDUGO Most Outstanding Blood Screening Facility. While the Cagayan State University (CSU) Andrews Campus garnered the SANDUGO Most Outstanding Organization.

Special set of awards were given to organizations and institutions with the highest number of donors bled per blood-letting

activity. Ilagan City snared the SANDUGO "LGU Hataw Award" having 1, 411 donors bled during the mass blood donation in July 12, 2019. Cagayan State University (CSU) - Aparri Campus bested other for the SANDUGO Most Number of Female Donors with a high percentage of 94% female among blood donors.

Another prestigious awards went to Dr. Amparo Rosario C. Banez & Mr. Benjamin S. Banez dubbed as the SANDUGO Couple Donor of the Year. St. Paul Hospital reaped the SANDUGO Most Compliant Blood Screening Facility in compliance with regulatory set by the DOH -CIKAB Blood Network.

Blood donors are indeed heroes and evident is the shortage of blood products which has critical consequences for all health care providers in the region who rely on donations for a range of medical procedures and the demand for blood is even higher now with the start of the pandemic according to Dr. Glenn Mathew Baggao, CVMC, Medical Center Chief II. **L&B**



CVMC Blood Bank staff extracts blood during the I-bloods Blood Letting Activity.





## Greater heights achieved for cancer care services

*Mark Anthony Nonato*

According to the World Health Organization, cancer burden continues to grow globally, exerting tremendous physical, emotional and financial strain on individuals, families, communities and health systems. Many health systems in low- and middle-income countries are least prepared to manage this burden, and large numbers of cancer patients globally do not have access to timely quality diagnosis and treatment.

To date, the CVMC Cancer Center is designated as a Basic Comprehensive Specialty Center for Cancer Care in the region. From the initial recognition as site for Breast Cancer and Childhood Cancers in 2018, it has evolved as an access site of the Cancer and Supportive-Palliative Medicines Access Program (CSPMAP) under the Department of Health in 2020. The program aims to provide free medicines for identified set of cancer types and to eliminate out-of-pocket costs among the target population. CSPMAP covers eight cancer types: (1)

breast cancer, (2) childhood cancers, (3) gynecologic cancers, (4) liver colorectal and other digestive tract cancers, (5) adult blood cancers [leukemia, lymphoma and myeloma], (6) head-neck-thyroid cancers, (7) lung cancer and, (8) prostate and urinary bladder cancers. The center is also in close coordination with the Medical Social Service Section thru the Medical and Financial Assistance for Indigent and Financially Incapacitated Patients and Malasakit Center.

With its continued quest to deliver quality service to its clients and the strong leadership of the Medical Center Chief Dr. Glenn Mathew G. Baggao, the institution is already equipped with a top-of-the-line Digital Mammography machine for breast cancer screening and diagnosis. The Mammography Unit located at the ground floor of the MRI and Nuclear Medicine Building was inaugurated on February 17, 2022. Services include 2D and 3D screening and diagnostic mammography, Stereotactic

Biopsy, Wire Localization Biopsy, and Ultrasound Guided Vacuum Breast Biopsy.

Additional cervical cancer screening and diagnosis service available in the facility every Tuesdays and Thursdays is the Human Papilloma Virus-Deoxyribonucleic Acid (HPV-DNA) testing and thermal ablation. This is thru the Scale-Up Cervical Cancer Elimination with Secondary Prevention Strategy (SUCCESS) Project spearheaded by DOH and John Hopkins Program for International Education in Gynecology and Obstetrics (JPHIEGO). The service targets testing and treatment of pre-cancerous cervical cancer lesions of women aged 30-49 years old.

Indeed, this achievement serves as a manifestation of CVMC's commitment to be of service to people by its tagline: "bigger, better and more". *LSB*

## Behavioral Medicine supports KLIK program

*Laurence S. Beños*

The Behavioral Medicine Department of Cagayan Valley Medical Center actively participated in support to the "Kabataan Lusog Isip sa Komunidad" (KLIK) program initiative in 29 Barangays of Tuguegarao City. Said activity was led by Evangeline Fajardo, Cristina V. Batan, Trisha Anne T. Delos Santos, Glorie Marie L. De Mata, and the Head of Behavioral Medicine Dr. Rowel S. Matila.

According to the World Health Organization, mental health and psychosocial support aim to improve a person's quality of life by reducing distress and suffering, assisting them in dealing with personal challenges and practical problems more effectively, and connecting with family, friends, and community members. The Mental

Health and Psychosocial Support (MHPSS) includes various support services to ensure health, recovery, rebuilding, and well-being. Several barangay communities set up child-friendly spaces for mental health campaigns.

The KLIK program offered lectures, counseling, safe social activities, and improved communication skills to support one another, promote positive mental health, and combat stigmas associated with mental health issues. This humanitarian KLIK program reaches children by providing support in which mental health and psychosocial support receive the attention they deserve in helping children exposed to conflict and crisis, as well as guiding them in preventing psychological problems to contribute to building a better society. *LSB*



Youth representatives from Brgy. Larion Alto pose for a picture during the KLIK program.

# HEPO CORNER

## Public Health Unit

**May 17, 2022**

The Public Health Unit conducted a health awareness activity in celebration of the World Hypertension Day with the theme "Measure your Blood Pressure Accurately, Control it, Live Longer" at the CVMC OPD Triage and Bantay Bahay. The activities were morning exercise and lay forum to increase awareness of hypertension. IEC materials were also distributed to patients and watchers at the Medical and Geriatric Ward.



**May 16, 2022**

The Public Health Unit in collaboration with the HIV and AIDS Core Team Unit conducted a candlelight ceremony in commemoration of International AIDS Candlelight Memorial with the theme "Pag-alala sa Nakaraan, Pagpapatuloy nang may Pag-asa". The said activity is celebrated in memory of the many lives lost due to AIDS and to honor those who have dedicated their lives helping people living with HIV to continue to mobilize our communities in solidarity.



**April 4-8, 2022**

The Public Health Unit sets up a coffee booth and a photo booth in celebration with the World Health Worker Week to give recognition to the unmeasurable competencies, hard work and sacrifices of the healthcare workers in our institution targeting 200 healthcare workers each day.

**March 22 to 24, 2022**

A three-day Health Awareness Activity on Prevention and Management of Tuberculosis was conducted by the Public Health Unit in collaboration with Nutrition and Dietetics Service.

**March 16, 2022**

The Medical Social Service Section conducted its "Soup in a Bowl" activity which provided food to watchers of patients at the CVMC Bantay Bahay in



**February 22, 2022**

The Dental Medicine Unit conducted a lay forum in celebration of the National Oral Health Month with the theme "Brushing is a Must, Kahit Naka-Mask" at the OPD Triage. The importance of proper brushing of teeth, regular replacement of toothbrush, and use of fluoride-containing toothpaste was highlighted during the discussion. IEC materials and dental kits were later distributed to the clients. As a follow-through, a Tiktok Dance Challenge was also organized and was participated by its employees. The first prize was bagged by the Planning Unit followed by the Pearl Ward and Cashier Unit for the second and third prize, respectively.

**February 22, 2022**

The Cancer Unit spearheaded the Health Awareness Activity in observance of the National Cancer Awareness Program. The lay forum on cancer management was presided by Dr. Marcelina Ringor, an oncologist, to help cancer patients understand more



**April 7, 2022**

The Public Health Unit conducted a seminar for the World Health Day with the theme: "Our Planet: Our Health". The topics discussed were Environmental Health, Health Hazard and Patient Safety. The said activity was attended by 54 CVMC employees from the different divisions.

celebration of World Social Worker's Day. This endeavor which was initiated in 2016 exemplifies the core values of compassion, integrity, social justice, worth and dignity, and competence.

**March 10, 2022**

A webinar organized by the Public Health Unit in a joint effort with the Hemodialysis Unit having the theme "Bridging the Knowledge Gap to Better Kidney Care" was carried out in observance of the World Kidney Day. The objective of the activity was to improve the knowledge of employees about chronic kidney disease and the importance of good nutrition and healthy lifestyle for a well-functioning kidney. It was attended by 194 employees from various departments and sections.

about the disease and its management. It was participated by cancer patients undergoing chemotherapy sessions and clinical surveillance.



**March 25, 2022**

The Family and Community Medicine conducted health consciousness activities in celebration of Rabies Awareness Month with the theme "Rabies-free na Pusa't Aso, Kaligtasan ng Pamilyang Pilipino" at the OPD Triage. The said activities included video presentation, morning exercises, and lay forum. Information, Education and Communication (IEC) materials were distributed and prizes were given to the active participants.

**March 24, 2022**

The Public Health Unit in collaboration with the TB DOTS Unit commemorated the World TB Day with the theme "Invest to End TB, Save Lives!". A lay forum was conducted followed by the distribution of IEC materials and hygiene kits. Some 23 patients were given free vitamins aside from their regular medications.

**February 23, 2022**

The CVMC 15-30 Club held their first blood letting activity at the Blood Bank Section. The program was initiated by Mr. Maurice Asuncion, president of the club, together with its founder, Dr. Glenn Mathew Baggao. According to Mr. Asuncion, the activity was organized as a pre-birthday gift to Dr. Baggao who is an advocate of the blood program himself. Dr. Baggao, together with Dr. Cherry Lou Antonio, CMPS, led the way to donating blood. A total of 69 blood units were collected.

**January 26, 2022**

The Public Health Unit conducted a webinar to celebrate the Liver Cancer and Viral Hepatitis Awareness and Prevention Month with the theme "Malusog na Atay, Masayang Buhay". Dr. Jeraldyn Abagao shared updated information about liver cancer while Dr. Blessie Jane Bravo tackled on viral hepatitis. The activity was attended by 127 employees.

Behind the success of these endeavors are the unending support and relentless efforts of Dr. Glenn Mathew Baggao, Dr. Cherry Lou Antonio, and all the division heads, who not only constantly aim to improve the institution's quality of health services for the general public but more importantly to provide an opportunity to promote healthy communities and healthy behaviors. *LiB*

## Ang Panata: Ang Katuloy

✍️ Noel B. Arnedo

Nakapasok si Rafael bilang isang doctor sa isang malaking ospital sa lungsod. Masaya siya sa kanyang trabaho bilang isang batang doktor. Kasama sa mga magagaling na consultants ng hospital ang kanyang Papa kaya mas lalo niyang pinagbuti ang kanyang trabaho.

Minsang natapos ang kanilang rounds, nakaramdam siya ng gutom. Kasama ang kanyang kasintahan na si Eeether, isa ring batang doctor, pumasok sila sa fastfood chain ng McDonalds. Nakapila sila sa counter ng bigla siyang tapikin ni Eeether. "Hon, si Amor, may kasama o" turo niya sa medyo malayong lugar na kinaupuan nga nina Amor.

Pagkatapos kumain nina Rafael at Esther, hindi nakatiis si Rafael na hindi tingnan ang kasama ni Amor. Kumwari siyang pumunta sa comfort room at pagbalik, dumaan siya sa harap nila Amor. Laking gulat ng mga ito nang makita siya.

Kinabukasan, Linggo, nakaugalian na ng kanilang pamilya na kumain na magkakasama sa kanilang bahay. Nandoon lahat sila, ang Papa at Mama niya, ang kuya Monchet niya na sundalo na nakadestino sa kalapit na lalawigan kasama ang asawa nitong si Nikka at isa nilang anak, ang kuya Randy, si Esther at si Amor. Ang tahananang iyon ay puno ng saya, walang pagsidlan nang pagmamahal sa bawat isa. Ito ang

ang magnetong humuhugot at nagbubuklod sa kanila.

Habang kumakain, masaya silang nag-uusap. Ang unang nagbukas ng usapan ay si kuya Randy niya. "Pa, may offer sa akin to study abroad" pahiwatig niya. "What course and where?" tanong ng Papa nila. "Master of Laws, Stanford" parang wala lang na sagot ni Randy. "You go anak, that is for your future" sabad ng kanilang Mama.

Ang sumunod na linggo ay isa sa mga araw na hindi magkakasamang kumain ng tanghalian ang pamilya. Nang araw na yon, lumipad na si Randy papuntang United States para mag-aral. Hinatid siya ng kanilang Papa, Mama at nang kanyang kuya Monchet hanggang sa paliparan ng Manila. Hindi na nakasama si Raf at Amor kasi may pasok ang mga ito.

Sa sumunod na mga buwan, patuloy ang pag-ikot ng mundo sa masayang pamilya. Patuloy ang nakaugalian na kumain ng tanghalian sa kanilang bahay, kasama ang kanilang mga mahal sa buhay. Nagiging sentro ng kanilang katuwanaan ang lumalaking anak ng kanyang Kuya Monchet. Tuwang tuwa silang lahat kasi lumalaking bibo at makulit, na gustung gusto naman nilang pansinin.

Ang masasayang araw sa bahay na yon ay napalitan nang isang trahedya na nagpabago sa takbo nang kanilang buhay.

Itutuloy.....

## A Child's Dream

✍️ Ligaya S. Achanzar

As I lay in bed, I heard them cry  
A shout of relief I cannot deny  
Amidst their poverty, I cannot keep  
Look and touch them as I weep

I shed tears as I see them suffer  
For all I want is miracle to happen  
Dreams of their dreams it can be done  
Allowing love to fill in them

I long for miracles  
For them to get comfort  
I long for happiness  
To see them not to pervert.

This is a dream, a dream of hope  
Longing for someone to make it work  
A life to cherish and a life to remember  
As long as we live, life continues to exist.

## Quarantine Mom

✍️ RAC

It's been a week away from you my child,  
Your smile and sweet kisses that I missed,  
Your hugs and sweet conversation,  
That I am longing for as your Mom.

The situation where we at,  
The moment of leaving home,  
The time when I need to leave you behind,  
While I need to take care of the sick and do some work errand.

Working is hard, especially this time,  
Difficult situations, difficult times,  
Physically, emotionally and mentally tired,  
Nurse works at their best but sacrificed a lot.

The shed of tears at night,  
The loneliness inside during quarantine time,  
Really, it's hard to be part of the Covid warrior Team,  
And to be called as Quarantine MOM.



# COMPLETED INFRASTRUCTURE PROJECTS



Landscaping at flagpole



Upgrading of Isolation Rooms with Negative Pressure



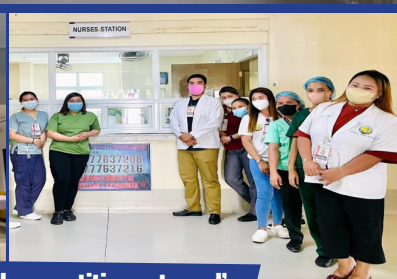
Renovation of old OPD to Finance Department Office



Application of Polyurethane for Dietary Flooring



Chief Nurse extension office



Installation of glass partitions at ward's nurse stations and OPD Triage



Renovation of HRMS office



Renovation of Records Head office and counter

## ON-GOING INFRASTRUCTURE PROJECTS



3-storey Communicable Disease Building



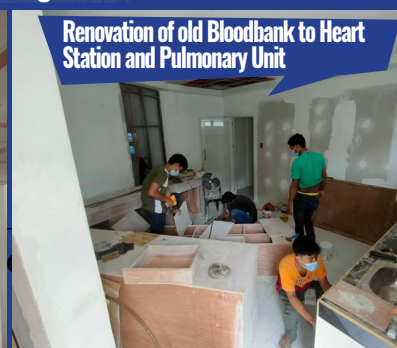
3-storey Brain and Spine Center



4-storey Trauma, Orthopedic and Spine Building



Renovation of old OPD to Pharmacy



Renovation of old Bloodbank to Heart Station and Pulmonary Unit



Construction of Molecular Laboratory Storage



Two 32-bed Quarantine Facility