

What's Inside?



- 2 EATING HABITS MADE EASIER AND HEALTHIER
- MMCHD SUPPORTS MEDICAL MISSION IN PARANAQUE
- 3 BREASTFEEDING PRACTICE FOR THE FUTURE GENERATION
- 4 NCR JOINS WORLD TB DAYS
- 5 REHABILITATION CENTER WITHIN OUR REACH
- 6 PROJECT HEAL TARGET PASAY TRANSPORT GROUPS
- 7 FOR A HEALTHY CITY OF MAKATI
- MMCHD PAYS TRIBUTE TO THE SOLDIERS OF HEALTH
- 8 MMCHD MARKS ITS 31ST ANNIVERSARY
- 9 CHAMPIONS OF CAMPAIGN FOR SMOKE-FREE CITIES
- 10 MMCHD JOINS THE FIGHT AGAINST DENGUE & LEPTOSPIROSIS
- 11 MMCHD PROMOTES CANCER AWARENESS
- FIGHTING MEASLES TOGETHER
- 12 HELPING BEAT DRUG ADDICTION THROUGH TRH
- 13 FIREWORKS-RELATED INJURIES IN METRO MANILA DOWN BY 50%
- 14 MMCHD CELEBRATES YOSI KADIRI DAY
- 15 DOH HANDS OVER AMBULANCE TO LGUS

CLEANER KIDNEY FOR A STRONGER CITY

By Kristyl Joyce Pascubillo

MANDALUYONG CITY – In response to the increasing number of cases of kidney failures in the Philippines, the city of Mandaluyong took the initiative to build their own dialysis center. With the unrelenting support of the Metro Manila Center for Health Development (MMCHD), OIC- Regional Director Corazon I. Flores personally attended the inaugural blessing of the first ever dialysis center in Brgy. Addition Hills on July 4, 2018.

The inaugural blessing of Mandaluyong Dialysis Center was also attended by Mandaluyong City Health Officer (CHO) Dr. Zaldy Carpeso, Nephrology Basics Dialysis Center Inc. Dr. Maria Briones, Mayor Menchie Abalos, Vice Mayor Anthony Suva, and the locals.

A short program was opened by Vice Mayor Suva who acknowledged the presence of everyone who where able to attend the said event and thanked the people who made the dialysis center creation possible. Dr. Briones congratulated the city of Mandaluyong for a noteworthy project which could help and save lives of the people.

Director Flores also delivered her message as she commended this initiative of the city of Mandaluyong. She also assured that the MMCHD will not stop supporting these kinds of projects for it does not only promote healthy lifestyle but it also encourages unity and solidarity among members of the society in saving lives. She also advised everyone to take care of themselves against the increasing risk of diseases such as diabetes and leptospirosis. Dr. Carpeso, on the other hand, gave out a short lecture regarding the symptoms of diabetes and encouraged them to seek advice from a doctor if symptoms persisted.

To end the program, Mayor Abalos gave her closing remarks, as she once again, thanked everyone for the collective efforts they had contributed by making the dialysis center possible. She said that the creation of dialysis center was just a start in promoting healthy and comfortable place for Mandaluyong City.



EATING HABITS MADE *Easier* and *Healthier*

By Kristyl Joyce Pascubillo

QUEZON CITY – A healthy lifestyle is relatively hard to achieve nowadays, especially with the increasing prices on household commodities. To address the issue on nutrition concerns, a ceremonial launch of 'Magppinggang Pinoy Tayo' was held highlighting the collaboration of the Metro Manila Center for Health Development (MMCHD), Department of Education (DepEd), Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI), and Ajinomoto Philippines, Corporation (APC) at Gen. Roxas Elementary School on July 13, 2018 to encourage the parents, the teaching and non-teaching personnel to patronize the preparation of nutritious and economical home-cooked meals. 'Magppinggang Pinoy Tayo' was just one of the many projects of DOST-FNRI, supported by MMCHD. This initiative's goal is to eradicate malnutrition and at the same time, provide economic-friendly and very nutritious eating habits.

The event was graced by the Former Sec. Of Health Paulyn Jean Rosell-Ubial, MMCHD Assistant Regional Director Maria Paz Corrales, DOST-FNRI Dir. Mario Capanzana, DepEd-NCR Ms. Maria Aquino, Ajinomoto Co. Inc., Japan Pres. Takaaki Nishii, and Vice Mayor of Quezon City Hon. Joy Belmonte.

On her opening remarks, Former Sec. Ubial encouraged everyone to have a daily consumption of healthy foods, especially vegetables. The DOST-FNRI's 'Magppinggang Pinoy Tayo' strategy showed everyone how to make the right proportion of food in every meal that should include fruits and vegetables. According to Dir. Capanzana, "through this strategy, not only the household members can gather the right amount of nutrition their family needs, but this could also serve as an indicator for monitoring their family's health and well-being".

Assistant Regional Director Corrales also shared her own views with the partner agencies as she affirmed that the MMCHD fully supports the project. She also encouraged everyone who attended the event that they should practice the proportioning of food to have a healthy and strong family. "Healthy family equates to healthy nation", she added.



MMCHD SUPPORTS MEDICAL MISSION IN PARAÑAQUE

By Jireh Angelique Manaois

PARAÑAQUE CITY - The Metro Manila Center for Health Development (MMCHD) extended its support for a medical and dental mission conducted on August 5, 2018 at San Agustin Gym, Barangay Moonwalk as it remains to be dedicated in providing healthcare services to the Metro Manila populace, most especially to the indigents.

In collaboration with the LGU of Parañaque, Las Piñas General Hospital & Satellite Trauma Center, East Avenue Medical Center, Dr. Jose N. Rodriguez Memorial Hospital, Philippine Air Force, Valenzuela Medical Center, and Armed Forces of the Philippines, free medical, dental and eye services, along with medicines, were provided to the residents of Brgy. Moonwalk. Medical and eye check-ups, dental cleaning, tooth extraction, and minor surgery were successfully catered to almost six hundred (600) participants.

The activity was attended by ARD Corrales, Congressman Gus Tambunting and his staff, officials of Barangay Moonwalk, and various medical teams.

The support given by the MMCHD for the success of this medical-dental mission was a manifestation of the agency's full commitment in providing medical assistance to the citizens of Metro Manila.

BREASTFEEDING PRACTICE FOR THE FUTURE GENERATION



By Kristyl Joyce Pascubillo

Through the years, several facilities, health and non-health, were hand in hand in promoting the practice of breastfeeding thus achieving numerous achievements within the country. One of their achievements was successfully disseminating the information regarding the benefits of exclusive breastmilk to thousands of mothers. To celebrate this along with other hundreds of successful related projects, an Awarding Ceremony for Mother-Baby Friendly Facilities was conducted to recognize fifteen (15) institutions for continually supporting and promoting Breastfeeding in the region at Bulwagang Villegas, Manila City Hall on August 8, 2018.

The ceremony was graced by OIC-Director of the Center for Health and Development (CHD-MM) Dr. Corazon I. Flores, National Director of World Vision Development Foundation Mr. Rommel Fuerte, Director of Justice Jose Abad Santos Medical Center Dr. Merle Sacdalan Faustino, and Physician of Manila Health Department Dr. Gina Pardilla. It was also attended by the representatives of World Vision, health workers, mothers, and breastmilk donors.

For three (3) decades, the MMCHD has been constantly advocating the practice of breastfeeding to improve the health of infants and children in the country. As the Director of MMCHD imparted in the ceremony, "the practice of breastfeeding must be highly encouraged to everyone for this makes infants stronger and healthier". She also said that it improves not only the IQ of a child but also the EQ through the bond being formed between the mother and the baby while being breastfed. In addition to this,

"breastfeeding is much more economical compared to the commercialized formula milk which does not offer nutrition as much as what the breast milk does", added by the OIC-Director.

In accordance with the theme provided in the ceremony, "Breastfeeding Foundation of Life", the MMCHD also led the turnover of breastfeeding equipment and IEC materials to the Manila Health Department. The agency believes that this will help disseminate the proper knowledge to the community regarding the benefits of breastfeeding. Certificates of Recognition were also given to those facilities that advocate breastfeeding.

Through the joint efforts of the city government of Manila City, MMCHD, Manila Health Department, Mother-Baby Friendly Philippines, and World Vision; the Awarding Ceremony for these celebrated facilities was made possible. The MMCHD also assured that the advocacy of breastfeeding will be supported continuously by the agency as it corresponds to its goal – to guarantee optimal health for everyone, especially the poor, through the efficient use of resources.

QUEZON CITY - Enforcement of action plans to eliminate Tuberculosis (TB) is necessary as the said disease remains to be a major health problem in the country. Hand in hand, the United States Agency for International Development (USAID), the Department of Health (DOH) and the Department of Social Welfare and Development (DSWD) have addressed the problem by launching TB innovations and platform projects, including the Family Development Sessions (FDS) TB module on August 24, 2018 at Holy Spirit Covered Court.

The launching ceremony was attended by DOH Secretary Francisco Duque III, Metro Manila Center for Health Development (MMCHD) OIC-Director IV Corazon Flores, DSWD Coordinator Allan Sanchez and Asec. Glenda De Rama Relova, Quezon City Medical Coordinator Dr. Marizel Wong, USAID Philippines Mission Director Lawrence Hardy II, Charge d' Affaires Michael Klecheski, participants, and staff of DOH, DSWD, Quezon City Government, USAID and World Health Organization (WHO).

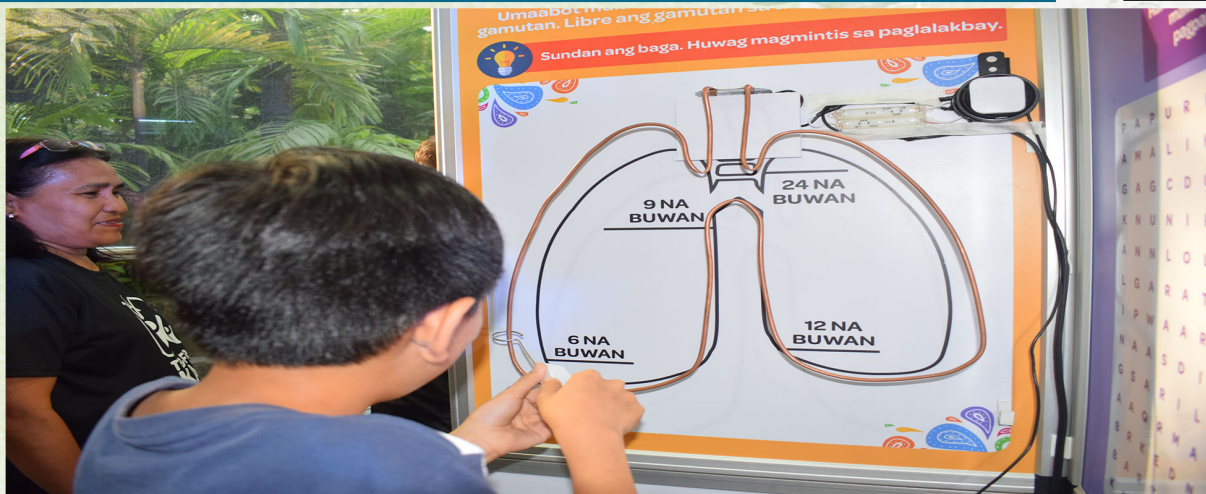
To formally open the event, Dr. Wong welcomed the notable guests as well as the participants during her welcoming remarks. She also imparted that she strongly believes that TB must be stopped because, as she stated in her speech, TB cases in Quezon City alone totalled last year to about 10,420.

The fight against TB has always been a priority of the DOH, as reflected by its National TB Control Program. In Sec. Duque's message, he expressed his appreciation to the USAID for their unending support for the said program. As a response, Mr. Klecheski assured the DOH



Through the joint efforts of USAID, DOH and DSWD in initiating projects which aim to address the TB problem in the country, we are a step closer in putting TB to an end. "Hindi natatapos and inisyatibo ng DOH, DSWD at USAID", Asec. Relova stated, ensuring that this event was just a start of the alliance between these agencies to achieve a TB-free country.

As the event's theme, "Heroes for healthy lungs" proposed, the contributions played by different agencies for the eradication of TB are heroic. Indeed, stopping TB is a difficult and long process, but rest assured that the DOH will continue leading it for a prosperous and more developed country.



REHABILITATION CENTER

Within Our Reach

By Kristyl Joyce Pascubillo



Another milestone was reached, yet again, by the Department of Health (DOH) as they sealed the contract agreement with the Philippine Reclamation Authority (PRA) regarding the land purchase of 2,735 square meters in Barangay Manuyo Uno, Las Piñas City – at PRA Office, Makati City on September 4, 2018. The goal of this land purchase agreement is to provide the highest standards of healthcare to the people.

It is said that the Southern-most portion of the National Capital Region (NCR) has been experiencing an insufficiency of drug rehabilitation centers thus increasing the numbers of individuals who were not given enough medical and psychological attention. To address this, the DOH decided to build a rehabilitation center in the heart of South of NCR to provide a quality health service for its citizens. This project is also in line with the administration's war on drugs campaign; accepting anyone who needs help quitting the use of illegal drugs.

This agreement reflects the commitment of the Department in making sure that quality health services are always available.

PROJECT HEAL TARGETS PASAY TRANSPORT GROUPS



By Jireh Angelique Manaois

QUEZON CITY - Enforcement of action plans to eliminate Tuberculosis (TB) is necessary as the said disease remains to be a major health problem in the country. Together with the United States Agency for International Development (USAID), the Department of Health (DOH) and the Department of Social Welfare and Development (DSWD) have addressed the problem by launching TB innovations and platform projects, including the Family Development Sessions (FDS) TB module on August 24, 2018 at Holy Spirit Covered Court.

The launching ceremony was attended by DOH Secretary Francisco Duque III, Metro Manila Center for Health Development (MMCHD) OIC-Director IV Corazon Flores, DSWD Coordinator Allan Sanchez and Asec. Glenda De Rama Relova, Quezon City Medical Coordinator Dr. Marizel Wong, USAID Philippines Mission Director Lawrence Hardy II, Charge d' Affaires Michael Klecheski, participants, and staff of DOH, DSWD, Quezon City Government, USAID and World Health Organization (WHO).

Dr. Wong welcomed the notable guests as well as the participants during her welcoming remarks. She also imparted that she strongly believes that TB must be stopped because, as she stated in her speech, TB cases in Quezon City alone totalled last year to about 10,420.

The fight against TB has always been a priority of the DOH, as reflected by its National TB Control Program. In Sec. Duque's message, he expressed his appreciation to the USAID for their unending support for the said program. As a response, Mr. Klecheski assured the DOH that the USAID will not stop in providing assistance as needed. "I can assure you that the US Government will work shoulder to shoulder for the fight against TB", he added.

Through the joint efforts of USAID, DOH and DSWD in initiating projects which aim to address the TB problem in the country, we are a step closer in putting TB to an end. "Hindi natatapos and inisyatibo ng DOH, DSWD at USAID", Asec. Relova stated, ensuring that this event was just a start of the alliance between these agencies to achieve a TB-free country.

True to the event's theme, "Heroes for healthy lungs" acknowledged that the contributions played by different agencies for the eradication of TB are heroic. Indeed, stopping TB is a difficult and long process, but rest assured that the DOH will continue leading it for a prosperous and more developed country.

MMCHD PAYS TRIBUTE TO THE SOLDIERS OF HEALTH



FOR A HEALTHY CITY OF MAKATI

By Jireh Angelique Manaois

MAKATI CITY - As the primary agency that ensures quality health services are accessible in the National Capital Region, the Metro Manila Center for Health Development (MMCHD) held the turn-over ceremony of Medical Assistance Program (MAP) funds to the city of Makati on September 18, 2018 at the Makati City Hall.

The turning over of funds was an extension of the Medical Assistance Program (MAP) of the Department of Health (DOH) primarily aims to provide assistance to patients who are financially incapable of availing health services such as medical examination, consultation, treatment and rehabilitation. With the same objectives, were intended for the provision of medical assistance to its residents, most especially to the poor.

To address the health-related needs of Makati residents, MMCHD OIC- Director IV Dr. Corazon Flores took the event as an opportunity to discuss Health Development Plans with the City's health workers. The discussion revolved around the implementation of strategic plans of action that will effectively transform Makati into a healthier and more prosperous city.

The ceremony was also attended by Makati City Mayor Mar-Len Abigail Binay, former Makati DMO IV Maria Luisa Orezca, city government employees and the MMCHD staff. Through this event, the bond between the LGU of Makati and the MMCHD strengthened as driven by the goal of improving health and welfare of the people of Makati.

PASAY CITY - The Metro Manila Center for Health Development (MMCHD) held the BHW (Barangay Health Workers) Summit on September 20, 2018 at the Cuneta Astrodome to express its appreciation for the BHW. As an accomplice of the agency in rendering healthcare services to the locals, BHW and their efforts must truly be acknowledged and this convention's aim was to give the kind of recognition that these unsung heroes deserve.

The program started through a parade of colors led by MMCHD Director Dr. Corazon Flores, MMCHD staff, and each Local Government Unit's (LGU's) City Health Officer, Development Management Officer IV, Primary Healthcare Coordinator and BHW president. To formally open the event, Dr. Flores delivered a welcoming speech where she mentioned that life goals of an individual must include helping others like what BHW are doing. In addition, she expressed how grateful the MMCHD is for the assistance these workers provide when it comes to achieving a healthy Metro Manila.

Also present during the summit, Pasay Mayor Antonino Calixto informed everyone that the Pasay Government, under his leadership, is currently developing plans on how to provide monthly financial assistance to the BHW of the city. Aside from this good news, he also said "Mahalaga ang summit na ito upang lumawak ang kaalaman ng BHW" because other than paying tribute to the BHW, another objective of this summit was to expand their knowledge regarding health. In fulfilling this aim, lectures about Leptospirosis and Dengue, National Immunization Program and National Mental Health Program were delivered by Mr. Dominick Sotto, Mr. RJ Ferrer and Mr. Dominick Bactad, respectively. Through this lecture series, the MMCHD hopes to raise the awareness of BHW regarding these topics and will circulate everything they have learned around their barangay.

After the lectures, the barangay health workers proved everyone that they are not just providers of healthcare services, but are also women and men of talent, as each LGU participated in the dance competition. In addition, some of them got raffle prizes such as appliances and grocery items during the summit.

At the end of the program, awards were given to acknowledge the BHW president, primary healthcare coordinator, and outstanding health worker per LGU who showed exceptional efforts in their jobs. To conclude the event, MMCHD ARD Corrales thanked everyone who made this year's summit possible, as well as the barangay health workers for their participation.

Heroic and selfless like soldiers, BHW use their eagerness to help others as a weapon in helping the agency to fight the existing health-related problems in Metro Manila. These health soldiers, our barangay health workers, are indeed worthy of recognition and support from the government, and rest assured that the MMCHD will continue to value their efforts.



Photo courtesy of Gero Cuarema



MMCHD marks its 31st Anniversary

By Jireh Angelique Manaois

MANILA – Since established, providing quality healthcare services to the Metro Manila populace, especially to the marginalized, has always been the goal of the METRO Manila Center for Health Development (MMCHD). In doing so, the agency greatly relies on its partners' commitment. As a way of celebrating its 31st founding anniversary during the "Gabi ng Parangal at Pasasalamat" on October 16, 2018 at the Century Park Hotel, the MMCHD acknowledged its partner agencies and Local Government Unit (LGU) counterparts that showed exemplary efforts in improving the health status of the region.

The gathering was attended by the Chairman of the Committee on Health and Demography Senator Joseph Victor Ejercito, Secretary of Health Dr. Francisco Duque III, Undersecretary of Health Dr. Elmer Punzalan, MMCHD OIC-Director Dr. Corazon Flores, Director III Dr. Maria Paz Corrales, City Health Officers (CHO), partners and stakeholders in health, and the MMCHD staff.

The event was warmly opened by Dr. Flores by congratulating the MMCHD family for reaching 31 years. The agency faced many health issues for the past years and as she emphasized, it is important to thank and acknowledge the active participation of all the agency's partners in surmounting these problems. At the end of her welcoming and inspiring message, Dr. Flores reminded everyone to not stop, but rather to continue supporting the MMCHD to achieve its goals and aspirations for a better region.

Aside from being an anniversary celebration, the night also became a celebratory event for the passage of the Universal Health Care (UHC) Act. The author of the said landmark legislation, Senator JV Ejercito, who was described by Dr. Corrales as a hardworking man of the senate, served as the keynote speaker. In his speech, he thanked the DOH family for helping him draft the Law. "The DOH and other health organizations, health advocates made this [passage of UHC Law] possible. Maraming salamat po", he added. Moreover, he congratulated the DOH and its partner agencies for their collaborative efforts to maintain the trust of the Filipino people.

Secretary Duque, who also stood as a speaker during the event, expressed his gratitude to all the awardees for making the last 31 years prosperous for the MMCHD. He also said that the high public approval for the DOH is a "glorious reflection" of the efforts of the entirety of the DOH and its partners. To conclude his speech, he imparted that the continuous assistance from all the agency's partners is the reason why the MMCHD is celebrating 31 successful years.

This unforgettable occasion reflects how much the MMCHD appreciates the contributions of its partners and the important role each of them play in driving Metro Manila unto a more productive region with better access to quality medical health services. Through the event's theme "Lasting Partnerships for Healthy and Safe Metro Manila", the agency assures that the MMCHD and its partners will not stop working together for a more progressive and healthier Metro Manila.

Champions of campaign for SMOKE-FREE CITIES



By Jireh Angelique Manaois

CITY OF MANILA – The Metro Manila Center for Health Development (MMCHD) conducted the 8th Red Orchid Awarding ceremony at the Century Park Hotel on October 29, 2018 to give duly recognition to government hospitals, government offices and Local Government Units (LGUs) of Metro Manila that have shown outstanding efforts to advocate for a hundred percent (100%) smoke-free environment for their constituents.

From lowest to highest rank, the MMCHD presented the White, Pink and Red orchid awards. Tondo Medical Center, East Avenue Medical Center, Philippine Health Insurance Corporation (PhilHealth) – NCR North Branch, PhilHealth – Local Health Insurance Office Valenzuela, PhilHealth – Global City Satellite Office, LGUs of Mandaluyong and Muntinlupa, and the MMCHD itself were among the one hundred and twenty-five (125) participants that received the Red Orchid Award.

To formally open the event, MMCHD Regional Director Corazon Flores welcomed the notable guests and reminded all the participants to multiply their efforts to push for a Tobacco-free Metro Manila. Former Fabella Hospital Medical Center Chief Dr. Ruben Flores

emphasized the importance of the Red Orchid Awarding as a reward strategy by stating that the global tobacco epidemic will rise to 8 million by year 2020 if nothing will be done to address the problem. He also mentioned that lung cancer and chronic obstructive pulmonary disease remain to be some of the leading causes of mortality as a way of encouraging everyone to continue saving the lives of people from the adverse effects of smoking.

The journey for a smoke-free environment is difficult, as stressed on by the Executive Director of Action on Smoking and Health Philippines Dr. Maria Encarnita Limpin during her speech. She told the participants that whatever award each of them will receive does not really matter and what they should be proud of is that they are promoting the highest standards of health for their people.

Through the collective efforts of all the participants, with the commitment of the MMCHD, the agency becomes a step closer in turning the vision of having a 100% Tobacco-free Metro Manila into reality. Rest assured that the MMCHD will continue recognizing those that bravely join it in this tough fight against Tobacco.



MMCHD joins the fight against dengue and leptospirosis

By Jireh Angelique Manaois

Alarmed over the upsurge of Dengue and Leptospirosis cases brought about by the rainy season in flood-prone areas like Metro Manila, the Department of Health (DOH) conducted the Dengue and Leptospirosis Advocacy Activity through a lecture series around the region, in which the Metro Manila Center for Health Development (MMCHD) actively engaged in.

Metro Manila, the most densely populated region in the country, is the center of media, business, government and education, and thus it is indeed important to prevent common diseases during wet season like Dengue and Leptospirosis as these diseases hinder people from being healthy and productive. Through the implementation of this advocacy activity, the DOH aimed to stop Dengue and Leptospirosis outbreak in the region by raising the awareness of its locals regarding the two diseases.

In this advocacy, Secretary of Health Dr. Francisco Duque III, DOH Epidemiology Bureau Director Dr. Ferchito Avelino, and MMCHD Director Dr. Corazon Flores went to different cities around Metro Manila to serve as lecturers. Among the visited sites were Sen. Benigno Aquino Elementary School, Elementary Schools of Tambo, Longos and Commonwealth, and Brgy. Apolonio Samson.

During the lecture, early signs and symptoms of Dengue and Leptospirosis along with several preventive measures were discussed. Furthermore, the DOH also distributed free medicines to affected individuals. The lecturers also emphasized the importance of responsible use of antibiotics, specifically Doxycycline, during the forum. They informed the participants that misuse of this medicine will only lead to antibiotic resistance, a complex ill-effect of microbial resistance. The participants were also given the chance to express their thoughts and present queries about Dengue and Leptospirosis leading to an interactive discussion.

The objectives of this advocacy activity were successfully met and the DOH hopes to reduce the number of Dengue and Leptospirosis patients this year as well as to lessen the risk of outbreak in the next years to come.

MMCHD PROMOTES CANCER AWARENESS

By Jireh Angelique Manaois

PASAY CITY - The Metro Manila Center for Health Development (MMCHD) held a lecture regarding cancer prevention at the Senate Office in Pasay City on January 31, 2019. As part of the Health Consciousness Program of the MMCHD Non-communicable Diseases Prevention and Control Cluster (NDPCC), this lecture is conducted monthly to raise cancer awareness in Metro Manila.

The lecture was given by NDPCC head Dr. Laila Celino and Ms. Abegail Moises. The discourse pivoted on cancer-related facts, including its preventive measures and effective treatment. During her lecture, Dr. Celino gave an emphasis on early detection of cancer as it will be the stepping stone in providing effective palliative care to the affected individuals. After giving general information about cancer, an in-depth discussion about breast and cervical cancers, which are among the leading causes of cancer death in women worldwide, was provided.

The activity was attended by MMCHD Director III Dr. Ma. Paz Corrales and visitors from the ABS Gen Herbs International Corporation, who distributed some of their products to the participants. To conclude the event, Dr. Corrales thanked everyone for their active participation. The lecture was then followed by free consultation offered by the office clinic.

Despite the collective effort of various national and international agencies to conduct activities which promote cancer awareness, it remains to be one of the major health-related problems the world is facing. In fighting this disease, the MMCHD strongly believes that education is important, thus, the agency will continue to provide cancer education to the citizens of Metro Manila.

FIGHTING MEASLES TOGETHER

By Jireh Angelique Manaois

CITY OF MANILA - The Department of Health (DOH) reinforced its Nationwide Measles Vaccination Campaign to abate the existing Measles outbreak in Metro Manila and in Central Luzon. The Department held the Outbreak Response Immunization (ORI) meeting at the DOH Central Office on February 15, 2019 to relay measles surveillance data and to refine its plans on how to make the Campaign more efficient.

The meeting was attended by Health Secretary Dr. Francisco Duque III, Assistant Secretaries Dr. Maria Rosario Vergeire and Dr. Elmer Punzalan, Parañaque Mayor Edwin Olivarez, Metro Manila Center for Health Development (MMCHD) OIC-Director IV Dr. Corazon Flores and Director III Dr. Maria Paz Corrales, and City Health Officers (CHOs) of Metro Manila. Several media agencies were also present during the conference.

The meeting was initiated by Asec. Vergeire by presenting the latest number of confirmed measles cases in each region. She attributed the measles outbreak to multiple factors. One major factor discussed was the dramatic drop in vaccine confidence in the Philippines due to the Dengue vaccine issue. She also presented the specific methods on how the Immunization Campaign of the DOH is currently being implemented.

Aside from the nationwide vaccination, other key strategies to respond to the outbreak were tackled during the meeting. These include timely and accurate submission of surveillance measles reports, effective campaign materials, informative television commercials, and proper hospital care for the measles patients. In the implementation of these strategies, the participation of the LGUs was highly encouraged by the Department.

After Asec. Vergeire's presentation, CHOs raised several concerns. One of which was the difficulty being experienced by employed parents when it comes to bringing their children in health centers because of work schedule. To settle this, it was agreed upon by the DOH and the Local Government Units (LGU) to have barangay health centers opened during weekends for vaccination.

To conclude the meeting, Sec. Duque imparted his closing remarks. "Ang pamahalaang lokal ay handang tumulong" says Sec. Duque, assuring everyone that the DOH will work hand in hand with other government agencies and LGUs to stop the measles outbreak.

Helping beat drug addiction through TRH

*By Milagros T. Reyes, MBA/Dr. Domingo R. Rayco, Jr./
Kristyl Joyce Pascubillo*

As mandated by the Comprehensive Dangerous Drugs Act of 2002, "the state shall provide effective mechanism or measure to re-integrate into the society individuals who have fallen victim to drug abuse or dangerous drug dependence through sustainable programs of treatment and rehabilitation". Dr. Jose N. Rodriguez Memorial Hospital (DJNRMH) built a 2-story building "Tala Recovery Home" (TRH) to treat and rehabilitate people who fell victim to the risks of drugs. This was established through the initiative and support of the former Metro Manila Center for Health Development (MMCHD) Director Ariel Valencia and under the supervision of the Medical Center Chief of DJNRMH Alfonso Victorino H. Famaran.

In line with the "War on Drugs" campaign of President Rodrigo R. Duterte and in response to the sudden surge of people who voluntarily seek rehabilitation from drugs, the TRH, one of the three pilot community-based of the MMCHD, was built. TRH is a "half-way home", a hybrid between an in-patient and an out-patient drug recovery facility, intended to provide psychosocial rehabilitation – combining the evidence-based Matrix-Intensive Out-Patient and the 12-Step Programs that includes: 1) Screening; 2) Structured group activities; 3) Tailor-fit treatment plan/care plan; 4) Individual counseling and / or psychotherapy; 5) Occupational therapy; 6) Drug testing; 7) Family education; 8) Relapse analysis; 9) Social support; 10) 12-step meetings; 11) Livelihood skills training; and 12) Referrals to people with "Mild" to "Moderate" level of severity of drug use, with no psychiatric comorbidities and court cases. The individuals recovering from drug abuse will stay in the facility for a maximum period of three (3) months with gradual freedom to go home and look for a job.

Currently, the TRH is being furnished with beds and other needed supplies as the staff continue to capacitate themselves for this endeavor. Likewise, the TRH staff conducted orientation to DJNRMH employees, and provided information and educational materials for the program. This was headed by Dr. Maribel N. de Guzman together with the house manager, Mr. Ray Albert O. Lumawag, psychologist, Dr. Domingo R. Rayco, Jr., Ms. Alydia C. Soberano, Mr. Kevin D. Fonollera, Mr. Arthur Anthony C. Aves, Mr. Evan Charles Freo, Ms. Gailza Batoon, and Ms. Mae Ann Castenia.



From the Left: Mr. Rey Lumawag, Dr. Bel de Guzman, Ms. Alydia Soberano, Dr. Jun Rayco, Mr. Ton Aves

FIREWORKS-RELATED INJURIES IN METRO MANILA DOWN BY 50%

By Jireh Angelique Manaois



The Metro Manila Center for Health Development (MMCHD) reported a total of 123 fireworks-related injuries (FWRI) in the region during the recent holiday season, which is 50% (125 cases) less than the previous year. It is also notable that the total number of FWRI this year is 76% (323 cases) lower than the previous five-year average (2013-2017).

The use of fireworks and the type of firecracker involved in each injury was monitored with the help of the National Capital Region Police Office (NCRPO) during the FWRI Surveillance 2018 covering the period 21 December 2018 to 6 January 2019.

Of the recorded number of injuries in Metro Manila, 121 (98%) cases were due to fireworks and two (2%) to firework ingestion, and most (47, 38%) of these were from the City of Manila. The top three leading causes of FWRI in the region this year were Kwitis (32, 26%), Luces (19, 16%), and Pla-Pla (7, 9%).

The huge drop in FWRI is attributed to the different strategies that were conducted to intensify the OPLAN: Iwas Paputok Campaign. One of which that made an impact by reaching bigger population for greater public awareness was the several live TV/Radio guesting of Regional Director Corazon Flores and Assistant Regional Director Ma. Paz Corrales in Taumbahay of Net 25, News to Go of GMA News TV and four different programs of DZMM Teleradyo. The interviews gave emphasis on the information dissemination regarding EO 28 series of 2017 signed by President Rodrigo Duterte, and on the negative effects of using illegal firecrackers (scare tactics). It was also emphasized during the interview that to limit the use of firecrackers, a community fireworks display is highly encouraged in order to minimize the risk of injuries and casualties.

The MMCHD observed downward trend of fireworks-related incidents in Metro Manila from the previous years. Despite this, the agency will continue the OPLAN: Iwas Paputok Campaign which serves as a proactive measure in attaining a zero-injury holiday season.



MMCHD celebrates Yosi Kadiri Day

By Jireh Angelique Manaois

CITY of MANILA - In partnership with the World Health Organization (WHO) and Samahang Basketbol ng Pilipinas, the Metro Manila Center for Health Development (MMCHD) celebrated the World No Tobacco Day by conducting a basketball clinic on May 30, 2019 at Paco Arena. This basketball clinic was held to promote sports and to discourage the youth from smoking.

The event was attended by WHO Representative in the Philippines Dr. Gundo Aurel Weiler, athletes from Samahang Basketbol ng Pilipinas and Bataan Risers, and young participants from Manila City. Dr. Weiler opened the activity through his welcoming remarks where he stated the ill effects of tobacco. "Smoking damages your lungs, heart, brain and makes you prone to cancer", Dr. Weiler warned everyone.

Raising the awareness of the citizens of Metro Manila on the adverse effects of smoking has always been a goal of the MMCHD and its partners. Regional Director Dr. Flores informed the attendees about the harmful chemical substances cigarettes contain. Moreover, she reminded everyone that smoking affects not only the smokers themselves but also the people around them. "Bumalik sa ibang gawain tulad ng basketbol at pag-ehersisyo. Let's do activities that will take our breath away and at the same time, let's protect our lungs and the environment", Dr. Flores added.

One of the athletes, Mr. Jai Reyes, also delivered an inspirational message where he emphasized that refraining from smoking will lead to a happy and healthier lifestyle. He also told the young basketball aspirants that it is important to have a healthy body for one to be a successful sportsman. To conclude his speech, Mr. Reyes expressed his gratitude for having his team invited to advocate anti-smoking campaigns of the MMCHD.

After a short program, Coach Jong Uichico led the opening of the basketball clinic where all the attendees including the WHO and MMCHD staff had the chance to learn basic basketball techniques and skills. At the end of the activity, Yosi Kadri mascot entered the basketball court, representing the smokers and the harmful effects of tobacco.

Several anti-smoking campaigns are being promoted by the MMCHD not only during the World No Tobacco Day and most of these target the youth. The agency and the WHO believe that the children are the hope of the nation and thus, their health must be a priority. "We are here because we want to protect you. We want to ensure that you'll have a long and healthy life," said RD Dr. Flores.



Alydia Soberano, Dr. Jun Reyco, Mr. Ton Aves

DOH hands over AMBULANCE TO LGUs

By Jireh Angelique Manaois

QUEZON CITY - The Department of Health-Central Office (DOH) turned ambulances over to different Local Government Units (LGUs) at the Philippine Blood Disease and Transfusion Center. Among the fortunate recipients were some LGUs of Metro Manila: 7 barangays of Marikina (Fortune, Nangka, Concepcion Dos, Concepcion Uno, Tumana, Parang), 6 barangays of Parañaque (Marcelo, Merville, Moonwalk, San Antonio, BF Homes, Don Bosco), Barangay Bagbag and Novaliches District Hospital of Quezon City, Muntinlupa City, 4 barangays of Malabon (Acacia, Potrero, Panghulo, Muzon), National Mental Hospital and Barangay Wackwack of Mandaluyong City. The DOH-Central Office, along with the Metro Manila Center for Health Development (MMCHD), facilitated the turning over event to ensure that health services such as emergency responses become available to all Filipinos.

The activity was attended by Dr. Corazon Flores, the MMCHD OIC-Regional Director, who participated in the inspection of ambulances to be donated. Dr. Melissa Sena, Medical Officer V of the DOH, conducted an orientation regarding the guidelines in licensure of ambulances before giving the vehicles to the recipients. The scope of the orientation revolved around the requirements that should be submitted by each recipient, as well as the corresponding responsibilities that each of them will take.

After the orientation, the barangay captains, drivers and health workers of LGU recipients were briefed and trained about the proper usage of medical devices incorporated in the ambulance, and about the operation of the medical vehicle itself. The training was then followed by the submission of requirements and inspection of each ambulance. After completing all the prerequisites, the ambulances were finally turned over to each respective LGU.

This turning over of ambulance to different local government units around the country marked another success for the DOH as it continues to fulfill its responsibility of extending technical assistance to LGUs - from the barangay to the city level.





NCR ON THE GO NEWSLETTER EDITORIAL STAFF

WRITERS & LAYOUT ARTIST:

Jireh Angelique Manaois
Kristyl Joyce Pascubillo

PHOTOJOURNALISTS:

Reginald Santiago
Jireh Angelique Manaois
Kristyl Joyce Pascubillo

EDITORS:

Jaya P. Ebuen, RN
Ritcher S. Quitevis, RN, MAN

BANNER LAYOUT BY:

Abigail Contreras

CONTRIBUTOR:

Dr. Jose N. Rodriguez
Memorial Hospital

NEWSLETTER ADVISERS:

Corazon I. Flores, MD, MPH, CESO IV
OIC-Director IV

Maria Paz P. Corrales, MD, MPH, MPA
Director III



Blk. 6 Barangay Road, Welfareville
Compound, Barangay Addition Hills,
Mandaluyong City 1550



531 - 0034 | 531 - 0037



www.facebook.com/dohncro.hpmmr



www.ncro.gov.ph



chd_mm@yahoo.com