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DOH RESPONDS TO DENGAXIA QUERIES

by Kristyl Pascubillo

MARIKINA CITY - The Department of Health-National Capital Regional Office (DOH-NCRO) and Central Office, together with the Department of Education-National Capital Region (DepEd-NCR), held a Dengue Information Drive by conducting series of activities that strengthen the fight against the growing issue on the dengue immunization. To jump-start the information drive, a press conference was conducted at Parang Elementary School on January 11, 2018.

The presscon was attended by Secretary of Health Dr. Francisco T. Duque III, DOH-NCRO Regional Director Dr. Ariel I. Valencia, DOH-NCRO Local Health Support Division Chief Dr. Amelia Medina, DepEd Regional Director Mr. Wilfredo Cabral, Department of the Interior and Local Government (DILG) Assistant Regional Director Mr. Juan Jovian E. Ingeniero, Marikina CHO Dr. Alberto P. Herrera and his staff, parents, and teachers. Students were also encouraged to participate in the said event.

Secretary Duque formally opened the program by answering queries regarding issues on Dengvaxia. The open forum helped alleviate the worries of parents and teachers with regard to the well-being of the children who were injected with the Dengue vaccine. Precautionary measures in avoiding cases of Dengue were also reminded. He emphasized that the '4S Against Dengue' strategy must always be observed and added another 'S' which stands for 'Surveillance'. Everyone should remain attentive, observant and responsive. "Heightened surveillance is the key to Dengvaxia immunization problem," said the health secretary.

Aside from this, Sec. Duque and RD Valencia also addressed questions from the media and shared information regarding Dengvaxia to the public. Misconceptions and wrong information on Dengvaxia were likewise clarified.

After the forum, Sec. Duque and Director Valencia had set up the Ovitrap and insecticide nets in the classrooms of Parang Elementary School. This is to assure the safety of students against mosquitoes particularly those which may possibly be carriers of the virus. According to Sec. Duque, setting up Ovitrap and insecticide nets will also be done in communities.

Sec. Duque called everyone's attention and reached out to the partner agencies of DOH, teachers, and parents to cooperate with the health sector in fighting the real problem brought about by the Dengue immunization issue. In his closing remarks, he assured that the agency will continue to help all schools affected by the program, yet at the same time they will also exhaust efforts in generally promoting Dengue-free communities.



From left to right-OIC-Director Cabral of DepEd, RD Valencia of DOH-NCRO, Sec. Duque, Principal De Guzman of Parang Elementary School, OIC Gayola of Office of the Schools Division Superintendent, and CHO Dr. Herrera of Marikina (Photo by Reginald Santiago)

SAVING LIVES THROUGH RELAYING

by Kristyl Pascubillo

QUEZON CITY – The Department of Health-National Capital Regional Office participated in the annual Philippine Relay for Life fundraising event for 2018 which was themed, "We Can, I Can Beat Cancer: Relay for Life 2018" to give support to the cancer survivors and victims. It is also to remember and commemorate our loved ones that we lost to cancer. Relay for Life 2018 was attended by hundreds of people and held at the Quezon Memorial Circle on March 16-17.

The fundraising event of Philippine Relay for Life 2018 was organized by the Philippine Cancer Society as all the funds that were collected were also given to the patients currently fighting against cancer. The goal of the Relay for Life is to raise awareness against the plight of people with cancer, provide assistance to them and to give them hope that people are always there to support and care. The event started at 4 o'clock in the afternoon on March 16 and ended at 7 o'clock in the morning on March 17.



DOH-NCRO at Relay for Life 2018
(Photo by Kristyl Pascubillo)

The said activity was graced by Dr. Clar Cairo of DOH, Chairman of Relay for Life Hon. Herbert M. Bautista, President of Cancer

Fighters Tess Baningit and Dr. Kelly Salvador of Philippine Cancer Society. The event was also attended by performance artists, cancer patients and survivors, and hundreds of people that participated to help and show support.

Upon joining the event, t-shirts were given to those who registered and participated. The people who joined were all actively participating in the walk around the vicinity as they held their own organization flags or tarpaulins. This continued until the end of the event. When 12 o'clock am hits, the 'Luminaria' program was initiated.



Luminaria; Candle-lighting during the Relay for Life 2018
(Photo by Kristyl Pascubillo)

'Luminaria' was a part of the event wherein people lighted candles to honor the patients who have survived, and/or are fighting cancer. This was also to commemorate those who passed away from the illness. Lighted candles encompassed all the vicinity of Philippine Relay for Life 2018 which illuminated hope to everyone who attended the event.

The Philippine Cancer Society promises that they will continue serving the cancer patients and survivors, in which the DOH-NCRO fully supports. The DOH-NCRO will also give its assistance as much as it is needed to achieve a better health system for the country.

PROJECT **HEAL** KICKS OFF IN MAKATI CITY

by *Kristyl Pascubillo*

MAKATI – The Department of Health-National Capital Regional Office (DOH-NCRO) together with the Makati City Government successfully initiated Project HEAL (Healthy and Active Lungs) on February 6 at the Makati City Jail wherein a Tuberculosis (TB) Mass Screening for the inmates was conducted.

The kick-off activity was made possible through the cooperation of the Bureau of Jail Management and Penology (BJMP), Department of the Interior and Local Government-National Capital Region Office (DILG-NCR), Makati City Jail, Congressional Spouses Foundation Incorporated (CSFI), and Makati City Health Office. These agencies have been immensely effective in helping DOH-NCRO fight against TB, and human immunodeficiency virus (HIV) amongst the inmates of Makati City Jail. As J/Supt. Esmeralda A. Azucena said, "Through this project, we [Makati City Jail] are one step closer to a TB-free place".

The event was attended by DOH-NCRO Local Health Support Division (LHSD) Chief Dr. Amelia Medina, DOH-DPCB NTP Manager Dr. Anna Marie Celina Garfin, BJMP Chief J/Dir. Deogracias Tapayan, Makati City Jail Superintendent Esmeralda Azucena and President of the Congressional Spouses Foundation Inc. (CSFI), Ms. Emelita Alvarez. Regional Director of DILG, Ma. Lourdes Agustin was represented by Mr. Jean Redi Briones, LGO Officer V. Dr. Frederick Frago

and Dr. Jane Rivero attended in behalf of Makati CHO-OIC Dr. Bernard Sese. Some staff members of the LHSD Infectious Disease Cluster (IDC) and Makati City Jail, including the inmates themselves, were also present to witness the kick-off activity.

J/Supt. Esmeralda A. Azucena, warden of Makati City Jail, formally opened the program. As she discussed in her opening remarks, the project is the first in the history of the said facility. Services such as HIV Screening, chest X-ray, and RBS were made available to the inmates.

With the current goal of DOH, this is only the first among the series of TB Mass Screening activities under Project HEAL to be conducted in the succeeding months.

Towards the end, Dr. Frederick Frago enthused all stakeholders to join forces in eradicating TB. "This [fight against TB] will not be addressed by the doctors and policy makers alone. This is more of a multidisciplinary problem that needs multidisciplinary approach," he said in his closing remarks.



PROMOTING HEALTH AND ACTIVE LUNGS IN BASECO FOR WORLD TB DAY

by Joyce Sandajan

MANILA - Project Healthy and Active Lungs (HEAL) extends advocacy to provide TB services for the urban poor population, targeted to the unreached. The event kicked off on March 23 at the Amadome, Baseco Compound. Attended by Conditional Cash Transfer (CCT) beneficiaries, this project was timely launched in celebration of the World Tuberculosis Day on March 24. The activity carried the national theme, "Mga LODI, pangunahang sugpuin ang TB!"

The Department of Health-National Capital Regional Office (DOH-NCRO) joined hands with the local government of Manila and the Philippine Business for Social Progress (PBSP) for the success of the launched activity.

Prior to the official activity, a parade was done to commemorate the occasion which was participated by the officials and representatives from DOH-NCRO, partners, Manila City Health Office and community volunteers. Various organizational groups in Baseco such as the Care for Women Organization, Bantay Kalusugan, Office of the Senior Citizens, Hope for the World, World Vision, Pedicab Operators Drivers Association, KALIKAT, Kabalikatang Bayan sa Kaunlaran (KABAKA) and LINGAP also joined the said parade.

The program was formally opened by the acting CHO Dr. Benjamin M. Yson who represented Metro Manila Mayor Hon. Joseph Ejercito Estrada, Dr. Amelita Manalang of the Department of Social Welfare and Development (DSWD) - NCR and a representative of PBSP. Each gave brief messages to show their support to the campaign against TB. Dr. Jose Mari Castro, DMO V of District III, delivered the closing remarks.



DOH-NCRO at Project HEAL Baseco

Similar to the Project HEAL initially launched in Makati City, this event aimed to provide citizens with the proper information on tuberculosis and how to treat it. In his keynote message, NCRO Regional Director Dr. Ariel I. Valencia stated that there are 32,000 cases of tuberculosis in Metro Manila out of the one million cases nationwide. He emphasized that appropriate remedies must be given to all those who are positive of TB. He therefore urged all patients to consult and get proper treatment from the nearest health facilities. Furthermore, Dr. Valencia thanked and commended the city of Manila for their continuous support and implementation of the health programs of DOH. "Sana po dito sa Baseco ay ipakita natin ang isang mamamayan na malusog, produktibo at bahagi ng kaunlaran ng lungsod ng Maynila," he added.



RD Ariel Valencia of DOH-NCRO, Acting CHO Dr. Benjamin Yson of Manila, r. Amelita Manalang of DSWD-NCR with DOH Central Office and NCRO representatives

DOH provides additional health assistance to **LGUs** through *medical missions*

February 23, 2018 -
DSWD Information
Caravan (Rizal Park,
Manila)



March 11, 2018 -
Oplan Kalusugan
(Tondo, Manila)

March 23, 2018 -
Senior Citizen
Caravan (Marikina
City)

In the exigency of service, the Department of Health-National Capital Regional Office lends a hand to local government units and partner agencies as they conduct various medical missions for indigent patients.





Photo courtesy of Monaliza Famaran

by Joyce Sandajan

Ospital ng Parañaque inaugurates its new facilities

PARAÑAQUE - To commemorate the accomplishment of the third phase of Ospital ng Parañaque's extension, a hospital blessing and inauguration were held on February 13 at the said venue.

The short ceremony was attended by Department of Health - National Capital Regional Office (DOH-NCRO) Regional Director Ariel I. Valencia, Parañaque 1st District Representative Hon. Eric L. Olivarez, City Mayor Hon. Edwin L. Olivarez, former Parañaque City Mayor Dr. Pablo Olivarez, City Councilor and Committee on Health Chairperson Hon. Roselle Nava-Tan, along with representatives from partner agencies. They were welcomed by Hospital Director Dr. Ephraim Neal Orteza and administrator Dr. Jefferson Pagsisihan. The hospital blessing was lead by Msgr. Allen Aganon.

In his brief message, Director Valencia congratulated the hospital staff by recognizing their efforts in showing their support and cooperation towards the health advocacies of the agency. Considering that Ospital ng Parañaque is the only government hospital out of the ten fully-functional hospitals in the city, this indeed serves as another juncture for the city's milestones in health service delivery.



Photo courtesy of Monaliza Famaran

Photo courtesy of Monaliza Famaran

DOH-TRC Bicutan Supports the Fight Against Drugs and Substance Abuse

by DOH-TRC / Kristyl Pascubillo

The Department of Health-Treatment and Rehabilitation Center (DOH-TRC) Bicutan did not disappoint the public as it continues to support and give unrelenting assistance to its patients. With the current issue being faced by our country, the topic of drug or substance abuse remains a sensitive issue which should be immediately resolved. Thus, the DOH-TRC Bicutan conducted a quick response by providing an effective treatment program to help those who suffer from drug dependence or Substance Use Disorder (SUD).

According to DOH-TRC, SUD is a disorder that involves diminished behavioral, cognitive and affective functioning while drug use affects or impairs the psychosocial development of an individual. To address this, DOH-TRC, being the only Drug Abuse Treatment

Rehabilitation Center (DATRC) in the country that caters formal education from Grade 1 to 10, had offered educational services to its patients which ensured better and effective treatment outcome. To celebrate this, the 31st Recognition Day (Moving Up) with the theme, "K-12 Learners Reading to Face Life Challenges" was held by TRC in collaboration with the Jose Fabella Memorial High School DOH TRC Units wherein 78 student patients participated.

Aside from this, DOH-TRC Bicutan had also offered another strategy to help those who suffer from SUD or drug dependence. The impact of having a SUD to an individual's life can greatly affect one's own life. Thus, a recovery from it requires a change in lifestyle. The other strategy as presented by DOH-TRC extends beyond abstinence from substance abuse and this can be

achieved through spiritual revitalization.

Spirituality has been shown to be an important component in recovery and often considered a vital ingredient in relapse prevention strategy. On March 20, 2018 the Outpatient Division held Lenten Recollection with the theme "Overcoming Recovery Challenged thru Spiritual Enhancement" wherein 154 recovering drug dependents (RDD) and users (RDU) participated. One of the topics discussed was 'Temptation' and that it can lead to cravings. This was followed by testimonies shared by two (2) former DARE residents (patients) - narrating their problems with their addiction and how they were able to overcome it through the help of God.





HIGH LIGHTS

by VMC / Kristyl Joyce Pascubillo

January 20 to March 18

Valenzuela Medical Center (VMC), being one of the retained hospitals of the Department of Health-National Capital Regional Office (DOH-NCRO) started the year 2018 by carrying out projects that will contribute to the betterment of the health system of the country. They have given quality health service to the people by rendering medical and dental missions in different places. VMC had also conducted trainings and programs that would enhance their own staff competencies.

The Black Nazarene Procession was attended by thousands of people where VMC had deployed medical response team for three days from January 8-10 to accommodate and aid anyone who was in need. On January 16-18, an orientation on the 'New Rules of Appointment and Other Human Resource Actions' was held at Seorabeol Grand Leisure Hotel, Olongapo City to improve and develop the internal system within the hospital organization. This is to determine whether the policies, procedures and processes of Human Resources in terms of recruitment and selection are being effectively implemented and maintained. Before the first month ends, VMC, together with the DOH-NCRO Health Sector Project Management Unit (HSPMU), conducted medical and dental missions in accordance with "Last Mile Towards UHC: Saan Mang Sulok, Kalusugan Maabot" at Concepcion Integrated School, Marikina City. With the authority to use dental bus, 70 patients had availed tooth extraction services. The month of January had also celebrated National Deworming Month, Liver Cancer and Viral Hepatitis Awareness and Prevention Month, Autism Consciousness Week, and Goiter Awareness Week in which the VMC also actively participated.

On the 2nd month of the 1st quarter, VMC conducted 'Internal Quality Audit Activity' to enhance the skills of their internal ISO-IQA Auditors. Aside from this, Valentine's Day was celebrated by VMC by providing

technical assistance to Valenzuela City Disaster Risk Reduction Management Office (VCDRRMO) during the 2nd City-wide Mass Hands-On Cardio-Pulmonary Resuscitation (CPR) Training. Orientation on the Process Flow for Lingap sa Masa was also conducted. Without delay, VMC in partnership with Project Pearl, then provided dental services and was able to do tooth extraction to 25 patients at Bocaue, Bulacan. On the following day, 26 patients had also availed tooth extraction at the Luneta Park, City of Manila for "Boosting Universal Health Care via FOURmula One Plus (F1 Plus)".

Before finishing the first quarter of 2018, VMC provided technical assistance to the VCDRRMO during the 'Basic Life Support for Lay Rescuers (BLS-LR) Training' for the Homeowner Association (HOA) Emergency Auxilliary Response Team of Disiplinas Village, Bignay HOA and Guardians Transnational Force at Bignay, Valenzuela City. On March 12-16, VMC sent a staff to the 'Basic Life Support Provider's Training and Standard First Aid Training' as arranged by DOH to be one of the resource speakers at Ciudad Christhia Resort, San Mateo, Rizal.

In addition to this, five (5) supervisors and staff of VMC underwent DOH Nurse Certification Program – Competency Development in Anesthesia Care Nursing, ER Trauma Nursing and Pediatric Care Nursing to enhance their skills. Lectures regarding dengue and Dengvaxia were also being held daily at their Out-Patient Department (OPD). Physical activity, wake-up call and health advisory were also being done every Monday after their flag ceremony. In line with this, healthy lifestyle activities were also being implemented every Friday at exactly 4pm onwards.

The start of 2018 is indeed a good beginning for VMC as they welcome it by sharing and opening to every Filipino a quality health service in their hospital. The internal system composed of their medical staff have greatly improved as trainings and seminars were held to enhance their skill. Also, the external system of VMC had shown better systematization and developments due to their hard work by rendering health services to the Filipinos.

LET NOT THE WORLD CHANGE WOMEN, LET *women* CHANGE THE WORLD

by Joyce Sandajan

"You fight like a girl."

It is about time that we once and for all drop the conventional archetypes of a woman which was loosely dictated by a patriarchal society. Patriarchy was heavily embedded in the Filipino culture ever since the period of Spanish Colonization began in the 16th century, with the influx of Christianity widely affecting the social norms of the country. Our culture ideally perceived a true Filipina as an epitome of a Maria Clara: prim, proper and delicate. But four centuries have already passed-- we are already living in the eighteenth year of the 21st century. In 1937, after more than three decades of suffragist movements, women in the Philippines were successfully granted the right to vote. In 1986, the country inaugurated its first female president; by 2010 the Magna Carta of Women was officially approved and signed; and in 2016 the first openly transgender woman gained a seat at the national legislature.

Empowerment is not equivalent to giving women a sense of domination and superiority above the rest, rather it is merely giving women equal rights and appropriate respect as any would give to a man. We have been striving to empower women for many generations now and feminist movements have already gone so far, yet there is still so much oppression and injustice that need to be addressed. On one hand, the Philippines ranked 10 out


of 145 countries for gender equality, as based on the 2017 Global Gender Gap Index of the World Economic Forum. Women are given the avenue to be as competitive as men in the workforce and politics. However, it is still unfortunate that based on the 2013 data of the Philippine Statistics Authority (PSA), one out of five women within 15 to 49 years old had experienced physical violence since they were at the age of fifteen. According to reports of the Philippine National Police in 2016, at least one woman or child is being raped every hour. Cases of rape, acts of lasciviousness, attempted rape and incestuous rape have been increasing annually since 2012.

We are promised an age of change: but for us Filipinas, a society where misogynistic and sexually offensive forms of humour are generally accepted will not, at any means, guarantee us that change. Any Filipina despite the age, physical appearance or choice of attire continues to experience catcalling and other forms of harassment in the streets, workplace or even at home. In some cases, more pressure will be put onto the violated party, receiving comments such as, "you should have fought back" or "you're just overreacting." To anyone who sees no wrong in such actions and blames the victim instead, I humbly ask you a favor: Open your eyes, uncover your ears. Do not be blinded by an obsolete misogynistic

ideology we often refer to as 'macho culture'. No individual should be subjected to any form of objectification, because it is by no means flattering or complimenting.

What we wish to do now is to change the old-fashioned view of a Filipina, thereby showing that a woman's quintessence is not measured by the length of her trousers, the fleekness of her brows, or the frailty of her movement. All the more that a woman's worth is not determined merely by her capacity to do household chores or the desire to bear children. If a woman aspires to become a wife and a mother, that is beautiful. If a woman wishes to pursue a career and excel in her profession, that is also beautiful. We all have to learn to respect the idea that we are not patterned and wired in a certain way. As women, we can be both delicate and strong, smart and beautiful, receptive and independent, and so on.

So if I hear someone tell me that I 'fight like a girl', I would thank them and be proud. Because yes, I am a girl, and us girls have been fighting all our lives; fighting for our voice to be heard, for our qualms to be addressed, for our opinions to matter, and our rights to be respected. We women have been fighting for centuries.



FOURMULA ONE STRATEGIC ACTION PLAN

STRATEGIC FOCUS

Sec. Francisco Duque III affirmed in his reappointment as Secretary of Health on 2017 that he will continue to prioritize the health programs as instigated by the former Health Secretary Paulyn Jean Rosell-Ubial under the Philippine Health Agenda (PHA). Together with the revitalization of his former strategic approach, the FOURmula ONE for Health or the F1 Plus and all elements of it will be merged with the PHA to achieve a better quality health system in the country.

VISION

Filipinos are among the healthiest people in Southeast Asia by 2022, Asia by 2040.

MISSION

To lead the country in the development of a people-centered, resilient, equitable health system.

1. Institutionalize a people-centered service delivery network

Creating a network of health facilities that offers specialty services, hospital services, outpatient medical services, and health promotion and prevention that will fully accommodate all Filipino's needs.

2. Lead a whole-of-society collaboration

Instigating projects for fiscal measures to support the Filipinos in financial aspect, creating healthy environment for healthy people, implementing policies and legislation on equitable health, and advocacies for health system.

PLUS APPROACH

STRATEGIC PILLARS



Governance

- Ensure adequate, competent and equitable distribution of health workforce.
- Improve procurement and upgrade supply chain and logistics.
- Integrate the management at the provincial level.
- Engage and empower the citizens.



Regulation

- Establish new regulatory mechanisms.
- Increase ability to reinforce.



Service Delivery

- Support healthy food, lifestyle and environment to promote behavior change.
- Enable a comprehensive primary health care approach.
- Capacitate public hospitals and other health facilities to become model health facilities.



Financing

- Mobilize new and maximize current resources.
- Expand benefits fairly for patients and providers.

PLUS +



Performance Accountability

- Drive timely, evidence-informed, ethical decisions.
- Publish scorecards in platforms easily accessed and manners easily understood.
- Effectively utilize the performance management systems to drive performance.



INTEGRITY



COMPASSION



EXCELLENCE

CORE VALUES

DISTRICT I & II

The issue on Dengvaxia has created a stir within the Filipino community, especially the parents of the vaccinated students. Because of this, the Department of Health-National Capital Regional Office (DOH-NCRO) immediately carried out actions to ensure people's safety within the region. The following efforts were implemented in order to address certain concerns from the public regarding dengue and Dengvaxia:

District 1 – Caloocan, Malabon, Navotas and Valenzuela – immediately carried out projects that will guarantee its citizens' well-being while District 2 – Pasig, Taguig, Marikina, Pateros and Quezon City – being the most populous district, has carried out their activities and programs to control the swelling issue of dengue at their own most effective pace.

**Dengue Fast Lanes**

Other health institutions, such as Tinajares Health Center and Ospital ng Malabon – District 1, have created Fever Fast Lanes. Fever is one of the most noticeable and easily detected symptoms of dengue thus, the hospitals and City Health Offices started prioritizing patients with fever, especially those having the said symptom for almost a week since this may be an early sign of dengue. Other than this, a monitoring of Dengue Fastlane in Novaliches District Hospital was conducted last March 6, and in Quezon City General Hospital last March 7. In Pasig City, Rizal Medical Center had presented their own Dengvaxia Summarized Consensus which totalled to 262 patients, all of which were fully accommodated. They had also started prioritizing the symptomatic patients with history of Dengvaxia immunization.

**Fogging**

Malabon had initiated its fogging operation and eventually followed by the other NCR cities. The goal is to complete the fogging in every district thus the early planning of schedule of fogging operations.

**Dengue Surveillance**

Taguig City and Pateros City also conducted Barangay clean-up drives. Quezon City, on the other hand, held a Dengue Surveillance Orientation last March 6. The activity on surveillance was intensified as the dengue advocates check every vaccinated patient by visiting their school or home. To effectively maintain this set-up, City of Pateros mobilized their own Dengue Task Force. Caloocan City Medical Center had also created Dengue Surveillance Book to guarantee the monitoring of every possible citizen that are at risk. In every city, the National Immunization Program (NIP) Coordinators of DOH-NCRO, Dengue advocates, and Dengue Surveillance Officers (DSOs) also effectively held meetings to roll out their incoming plans to intensively prevent and control the Dengue virus. In addition to this, Valenzuela City was successfully issued their revised Dengue Prevention and Control Program-Manual of Procedure for the Valenzuela City Public Health Nurses.

NCRO: Actions on the

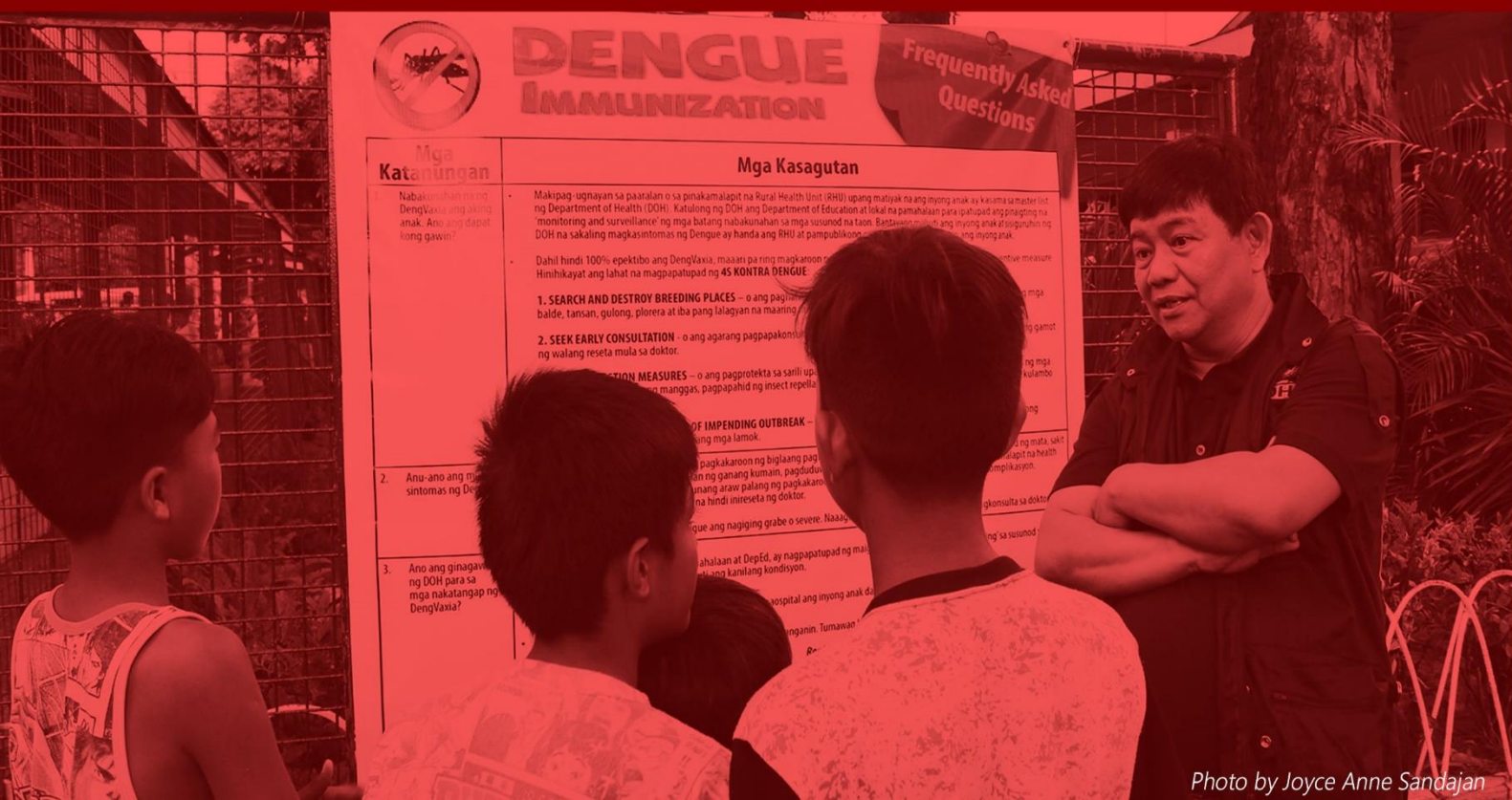




Photo by Reginald Santiago

Dengvaxia Situation



Dengue Forum

Parang Elementary School in Marikina City has conducted an open forum which was personally addressed and answered by the Secretary of Health, Dr. Francisco Duque III. Orientation meetings were also done by the City Epidemiology and Surveillance Unit (CESU) and City Health Officers (CHOs) to school principals and superintendents for a more effective understanding of the issue. The month of February was fully scheduled as the district health teams held and initiated all the barangay forums and advocacy in all the cities of District 2.



Installation of IEC Materials

Together with the Department of Education (DepEd), these two districts have installed posters, Information, Education and Communication (IEC) materials, and tarpaulins concerning dengue and Dengvaxia. Other tarpaulins also discussed the Frequently Asked Questions (FAQs) on Dengvaxia and information of 'Free Rapid Dengue Diagnostic Test for early Dengue Detection'. In District 1, the Caloocan City, all 25 elementary schools (100%) have finished installing tarpaulins and posters. 88 tarpaulins were posted in every exit and entrance way of the schools and 297 posters were distributed. As of February 23, Barangay Karuhatan and Barangay Marulas in Valenzuela City have also successfully installed 38 tarpaulins and 46 posters in 42 elementary schools which comprises 23.81% of all the elementary schools in these barangays.

Districts I and II have carried out their activities by instigating projects and developments that aims to eradicate the danger posed by mosquitoes and by deploying Human Resources for Health (HRH) such as doctors, nurses, public health teams and other health professionals that are all vital to the attainment of Universal Health Care (UHC).



Photo by Reginald Santiago

NCRO: Actions on the



Dengue Fast Lanes

NCRO monitored six (6) Manila LGU hospitals namely Gat Andres Hospital, Justice Jose Abad Santos Hospital, Ospital ng Maynila, Ospital ng Sampaloc, Ospital ng Tondo and Sta. Ana Hospital, all of which have complied to the directive of having Dengue Fast Lanes. A Dengue Fast Lane is also situated in Mandaluyong City Medical Center, Ospital ng Makati and San Juan Medical Center. In Muntinlupa, Dengue Fast Lanes were established in all 14 health centers. There are also fast lanes at Asian Hospital and Ospital ng Muntinlupa which provides free laboratory services (CBC with platelet, NSI, RDT Testing) to symptomatic patients. Pasay City General Hospital, Adventist Medical Center and all health centers in Pasay also have an established Dengue fast lane with an assigned Medical Technologist in Pasay City. Las Piñas General Hospital and Satellite Trauma Center (LPGH-STC) also has a Dengue fast lane.



Fogging & other campaign activities

Larvicidal/ovitraps had been installed in elementary schools of Mandaluyong. Campaigns were also conducted, including the Dengvaxia Campaign at Baseco, Pedro Gil Health Center, Calic Health Center and Smoky Mountain with 4Ps Beneficiaries wherein students of St. Paul joined the Health Promotion (HEPO) team of the LGU as part of their immersion project. Dengue campaigns at Baseco and other health centers were also held. The "Ugnayang Pangkalusugan" about Dengue at Barangay La Paz was also held, in addition to the meeting between Makati Mayor Hon. Mar-len Abigail S. Binay together with the representatives from Sanofi Pasteur. In addition to these actions, the sanitation office of Pasay also conducts regular inspection and clearing operations to remove all possible breeding sites of mosquitoes within the community. Fogging is also regularly scheduled. Overall, all districts have strictly intensified the 4S campaign.

DISTRICT III & IV

The Department of Health - National Capital Regional Office (DOH-NCRO) has primarily coordinated with all local government units (LGUs), City Health Officers (CHOs) of District III and IV alongside the Department of Education (DepEd) School Superintendents in disseminating accurate information regarding the Dengue Immunization Program.



Dengue Forum

Last January 12, two meetings consisting of Manila District Health Officials, DOH-NCRO Local Health Support Division Chief Dr. Amelia Medina, OIC-CHO

Benjamin Yson, officials, principals, school physicians and nurses of the DepEd Superintendent Office were held to discuss the monitoring sessions and other activities to be conducted within the LGU. As of March 23, the following have already engaged in Dengue Vaccination Fora: 14 out of 18 schools of Mandaluyong, all 27 schools in Makati, 8 from San Juan and as of March 9, 20 schools from Muntinlupa. The city health offices of Pasay and Parañaque also continuously conduct Dengue Lay Fora in different schools and barangays with the support of barangay leaders and community members.



Installation of IEC Materials

From January to March 23, all schools in Manila, Mandaluyong, Makati and San Juan were given IEC materials. In Pasay, at least thirty (30) schools have been given whereas Las Piñas had 16 out of 22

schools which had installed IEC materials. Promotional campaigns in the community and in specific public schools were also conducted. On March 6, NCRO staff conducted a monitoring in five schools to check the status of the installed IEC materials.



Dengue Surveillance

In Muntinlupa, data on the Dengue Immunization Program such as the general master list on Dengue vaccine recipients and reporting of cases accepted in both private and government hospitals are continuously being monitored and updated. NCRO staff and LGU health officials also visited a 13 year-old girl who was a recipient of Dengvaxia. As for Las Piñas City, their impact mitigation for Dengvaxia immunization includes direct coordination and consultation with DOH Guidelines, orientation of all health center physicians on Dengvaxia impact mitigation and enhanced dengue surveillance, establishment of technical working group (TWG) to lead impact mitigation and standardization of dengue lectures for community assemblies.

The LGU health team also developed standard medical certification based on the Dengue masterlist to facilitate patient admissions. They are also coordinating with DepEd nurses regarding protocol for referrals and issuance of vaccination certificates for a speedy and more organized admission process if necessary. The LGU also coordinated with NCRO in facilitating admitted patients for possible financial support. Rapid Dengue Kits in all health centers are also made available. The Department of Health has also partnered with Philippine Red Cross to aid in the Dengue surveillance.

Dengvaxia Situation



As a means of improving the monitoring of Dengue cases, Public Health Nurses under the deployment program (NDP) are assigned to act as Dengue Surveillance Officers while Public Health Associates serve as Dengue Advocates.

A Dengue Assistance Desk Hotline (DAD) through mobile numbers **0995 911 4629 / 0925496 5388** was also established.

NNC

instigates nutrition plan in Metro Manila

by NNC-NCR

"The main problem of concern is the various forms of malnutrition, that is being short-for-age or *bansot*, being thin-for-age or *payat*, and being overweight or obese or *mataba*. Deficiencies in vitamin A, iron, and iodine, and hunger and food insecurity are also concerns that need to be addressed.

These nutrition-related problems have been our persistent enemy that we need to conquer if we want to save the lives and future of our children. This is where PPAN 2017-2022 comes in."

These were the words of Regional Nutrition Program Coordinator Ms. Milagrosa Federizo during the regional launching of the Philippine Plan of Action for Nutrition (PPAN) 2017-2022 at the Heritage Hotel, Pasay City on January 11. This marks as the official launching of the nutrition plan, almost a year after its national kick-off last May 2, 2017 in Iloilo City.

As the country's framework for nutrition improvement, the PPAN 2017-2022 aims to contribute to the Sustainable Development Goals (SDGs), AmBisyon Natin 2040 and Philippine Development Plan 2017-2022 by establishing nutrition-specific and nutrition-sensitive programs. These will essentially target areas or communities with concentrated concerns on malnutrition. The National Nutrition Council - NCR along with the aid and support of all stakeholders involved, henceforth committed to materialize the nutrition plan in order to address the specific nutritional concerns present in Metro Manila.

These partner agencies were represented by Dr. Mary Christine Castro of the Nutrition Center of the Philippines, Dr. Jeremias Francis Y. Chan of the Department of Health-NCRO, Ms. Joyce Hilvano of the Commission on Population-NCR, Dr. Jocelyn Marcial of the Department of Education-NCR, Mr. Zotico Villanueva of the Department of Interior Local Government-NCR, Assistant Regional Director Manuela Loza of the Department of Social Welfare and Development - NCR, Mayor Miguel Ponce of the



L-R (top): NPC Mila Federizo (NNC-NCR), Dr Mary Christine Castro (Nutrition Center of the Philippines), Dr. Jeremiah Chan (DOH-NCRO), Ms. Joyce Hilvano (POPCOM-NCR), Mayor Miguel Ponce (Municipality of Pateros), Dr. Jocelyn Marcial (DepEd-NCR), Mr. Zotico Villanueva (DILG-NCR), Dr. Ofelia Viray (Grace Family Helper Project), Ms. Aleta Santos (Hope for the Youth Foundation) and ARD Manuela Loza (DSWD-NCR)
L-R (bottom): BNS Grace Tamayo (Mandaluyong City), CNPC Femilina Tuazon (Makati City), CNAO Julita Bernabe (Taguig City), Mr. Alberto de Veyra (Food for the Hungry-Philippines), Pastos Cesar Lubrico (Tondo Blessed Hope Bible Baptist Church and Mr. Marvin Capco (Chair, NCR media group).

NCR nutrition stakeholders received the PPAN 2017-2022 document during the symbolic turn-over led by RNC Vice Chair Dr. Mary Christine Castro and NPC Mila Federizo.

Municipality of Pateros, Dr. Ofelia Viray of the Grance Family Helper Project, Ms. Aleta Santos of the Hope for the Youth Foundation, Barangay Nutrition Scholar Grace Tamayo of Mandaluyong City, Makati City Nutrition Program Coordinator Femilina Tuazon, Taguig City Nutrition Action Officer Julita Bernabe, Mr. Alberto de Veyra of Food for the Hungry Philippines, Pastor Cesar Lubrico of Tondo Blessed Hope Bible Baptist Church, and Mr. Marvin Capco of the Nutrition Communication Resource-NCR Media Group. Each representative expressed his agency's pledge of commitment in supporting and enacting the tenets of the PPAN 2017-2022.

To motivate and inspire the local government units in revitalizing their strategies in improving nutrition, Mandaluyong CNAO Dr. Pecos Camarines presented the city's best practices and highlighted programs conducted to overcome malnutrition. In addition to this, Metropolitan Manila Development Authority (MMDA) Undersecretary Frisco S. San Juan, Jr. emphasized the need for all stakeholders and partners to converge in order to extract progressive outcomes from PPAN.

Entasked with specific roles and responsibilities, each agency and LGU guaranteed their support throughout this six-year plan with the hopes of successfully acquiring the optimum health and nutrition of NCR residents.

NCR-RTW

formulates the Regional Plan of Action for Nutrition 2019-2022



photo courtesy of NNC-NCR

Members of the NCR-RTWG discussing the programs and projects to address the double burden of malnutrition in the region.

by NNC-NCR

The Regional Technical Working Group of the National Capital Region (NCR-RTWG), with the assistance of the National RPAN Planning Team of the National Nutrition Council, formulated the results-based Regional Plan of Action for Nutrition (RPAN) 2019-2022 during the three-day planning workshop held on March 14-16, 2018 at St. Giles Hotel in Makati City. The inter-agency RTWG serves as the Regional Planning Core Team.

The formulation of the RPAN is a strategy to fully operationalize the PPAN at the region. The RPAN is a plan that commits the member agencies of the Regional Nutrition Committee (RNC) to action with corresponding budgetary allocation to address the priority nutrition problems in the region.

The planning workshop was attended by representatives from ten (10) member agencies of RNC-NCR namely Department of Social Welfare and Development-NCR, Metro Manila Development Authority, Grace Family Helper Project, Save the Children, Philippine Information Agency – NCR, Department of Health – NCRO, Philippine Statistics Authority – NCR, Commission on Population – NCR, Department of Education – NCR, and NNC-NCR.

Regional Nutrition Program Coordinator Milagros Elisa V. Federizo presented the regional nutrition situation which was further analyzed through the discussions and inputs of the members of the RTWG. The analysis of the nutrition situation in the region also served as the springboard for setting regional outcome targets as well as identifying the gaps and challenges and additional programs needed to reach the PPAN targets in the region. The RPAN aims to reduce

wasting, stunting, anemia and overweight and obesity in Metro Manila.

The group sessions were facilitated by Ms. Maria Lourdes A. Vega, Chief of Nutrition Policy and Planning Division and RNPC Mila Federizo. Through a series of workshops, the group was able to identify the priority programs, projects and coverage of RNC member agencies which are aligned to the PPAN. Assumptions, risks and mitigation strategies were also determined, institutional arrangements were defined, implementation plan was designed, results matrices were formulated, and the monitoring, reporting and evaluation mechanism was agreed on.

A results-based RPAN 2019-2022 was drafted by the group after the three-day workshop. The draft document also includes the commitment of the RNC members to support the implementation of the RPAN in the region.

The RTWG will have post-workshop meetings to complete and finalize the RPAN. The RPAN 2019-2022 will be presented to the RNC for approval and will be launched during the Regional Nutrition Awarding Ceremony. (TAR/NPC MEVF/NNC-NCR)

Responsible husbands turned to **VASECTOMY** to plan their family

by POPCOM-NCR/Joyce Sandajan

Vasectomy is a dependable and permanent family planning method for men who have decided to not have any more children. It is a simple and safe surgical 15-minute procedure usually performed in a clinic or health center. The No-Scalpel Vasectomy Inc. (NSVI) in partnership with the Commission on Population (POPCOM) thus provided free services to men who opted to undergo vasectomy as a family planning method.

For males, vasectomy is a sensible choice, and this was the decision of newly-wed couple Clark and Audrey. Clark (26) and Audrey (28) are not a typical Filipino couple who plans to have children. They recently tied the knot last November but have been practicing family planning since becoming a couple in 2015. Condoms are however the only method they've used. When asked what lead to this decision, Audrey admitted that she has been diagnosed with Hepatitis B and would rather not risk the chances of having it transmitted to their possible children. After doing extensive research on various family planning methods, both had decided to have a vasectomy for the husband. Although, the cost of vasectomies provided in private hospitals and clinics have deterred them from availing the said procedure.

Similarly, Raymart, 39 years old, also chose to have a vasectomy. He is a government employee and has only one child. He and his wife tried to have a child twice after but unfortunately, his wife had ectopic pregnancies with their last two. Knowing that having another child would risk not only his wife's life but also the baby's, Raymart decided to search for free vasectomy procedures online.

John, on the other hand, is a foreign expatriate married to a Filipina, whom he had two kids. He believes that since his wife is already 44 years old, other types of contraceptives may pose more risks for her, given her age. Although he has the means to avail the vasectomy procedure in a private facility, the previous hospitals he consulted were more discouraging than motivating. Since he was resolute with his decision, John too researched on free vasectomy services.

These three men are examples of the responsible husbands and/or fathers who visited the POPCOM Family Wellness Clinic to avail the free vasectomy service offered by the NSVI and POPCOM. The free vasectomy procedures were held last February 13, just a day before Valentine's Day.

NSVI is an international organization composed of vasectomists from all over the world and has been operating since 2001. Since then, it had launched series of NSV missions worldwide including the Philippines.

According to POPCOM-NCR Regional Director, the NSV mission with NSVI "is just first of more missions for promoting male responsibility and involvement in family planning which is one of the elements of the Responsible Parenthood and Reproductive Health (RPRH) Law." He added that "in this mission, we have seen the need to heighten demand generation for males as more and more husbands and fathers are already involved in decisions concerning the health of their family."



POPCOM-NCR spreads 'Messages of Love' on Valentine's Day

by Dominie A. Busacay

Valentine's Day: The Commission on Population-National Capital Region (POPCOM-NCR) takes on streets of the University Belt to give out love notes to young people plying the streets of Recto and Legarda in Manila. These love notes, containing messages of love and reminders on adolescent health and development, were placed in red flowers which students usually place on their desks or inside their notebooks. The messages of love serve as an everyday reminder for students not to engage into sexual and non-sexual risky behaviors.

Simultaneously, a Teen Chat Interactive Session was participated by around 100 student in Ramon Magsaysay, Manila. The teen chat focuses on providing key messages on adolescent health through mini-sessions manned by trained teen facilitators.

These activities are strategies of POPCOM under its Adolescent Health and Development Program which aims to provide information and education to adolescents in order to prevent of teenage pregnancy and to contribute in making a substantial positive change in the lives of adolescents.

It is important that the younger generation is properly educated with regard to engaging with sexual activity in order to avoid abuse or other possible health risks. The Young Adult Fertility and Sexuality Survey 4 (YAFSS4) conducted by the University of the Philippines Population Institute (UPPI) in 2013 revealed that the proportion of the youth who has experienced sexual threatening increased in the present decade and the largest proportion of youth who experienced physical violence is in Metro Manila.

POPCOM-NCR Regional Director Lydio M. Español, Jr. said that the youth are also exposed to various forms of harassments using technology. In fact, about 1 out of every 20 young individuals has experienced being harassed through technology. He added that trying or experimenting risky non-sexual behaviors such as intake of alcohol and/or drugs may further create opportunities for sexual abuse and violence. Also, engagement in early sexual activities often leads to further exposure to reproductive health abuses.

"Valentine's day is a day of showing our love not only to our loved ones but also to our young people who are in most need of our guidance as they are going through the happiest but also challenging stage in their lives," Español added.





NCR ON THE GO NEWSLETTER

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