



"Masaganang Ani"

PCMC Pediatric Blood Center honors regular blood donors

By Gabriel Oliver Salvado, RMT | Donor Recruitment Officer



PCMC employee Ma. Socorro Michelle B. Gustillo (center) receives the Diamond Blood Galloner Plaque during the annual "Pagkilala at Pasasalamat" on July 11, 2023 at the PCMC Multipurpose Hall.

The Philippine Children's Medical Center (PCMC) Pediatric Blood Center (PedBC) honored 77 blood donors, individuals, and organizations during the annual "Pagkilala at Pasasalamat" held last July 11, 2023, at the PCMC Multipurpose Hall.

This year's theme, "Masaganang Ani," reflects the foundation of the PCMC PedBC during the earliest stages of the blood donation program that started in 1994 when Republic Act 7719, or the Blood Services Act of 1994, was introduced. During that time, 80% of the collected blood was coming from family replacement or non-voluntary individuals, which had a higher risk of transfusion-transmitted infections (TTI) not to mention other factors that might affect both the recipient and the donor.

With the help of pioneer personnel of the mobile blood donation team and in partnership with National Kidney Transplant Institute (NKTi), the voluntary blood donation program in PCMC was established. Thereafter, through the efforts of PCMC

PedBC succeeding leaders, the replacement donation was reduced to 20% in 2001, and in 2016, the blood donation campaign reached 99% of voluntary blood donors. A bountiful harvest indeed!

For individual donors, PCMC Employee Ma. Socorro Michelle B. Gustillo received the highest award, the Diamond Blood Galloner Plaque. It was in 1996 that she first donated blood, and she has continued to do so up to the present. With a total of 65 bags donated, she makes hopeless dreams possible and has saved countless lives. Due to her vigorous participation in the blood donation campaign, her family got involved as well, and her children have been regular blood donors. What an abundant harvest!

Other individual donors were awarded Emerald, Ruby, and Pearl.

For donors belonging to an organization, Iglesia ni Kristo and the Center for Health for Development Region IV-A received the highest award, Gawad Pagkilala at Pasasalamat, while others received Gawad Pagkakaisa, and Gawad Bayanihan citations.

The event was filled with captivating performances, heartwarming stories, and unique experiences that left participants with memories that lasted a lifetime.

The PCMC Pediatric Blood Center conducts the Annual "Pagkilala at Pasasalamat" to honor blood donors, considered modern-day heroes, and at the same time celebrate the lives that have been saved.

The PedBC is urging everyone to join the noble movement by planting your seed in the act of donating blood and harvesting the invaluable gift of life.



PCMC Executive Director, Dr. Sonia B. Gonzalez grace the annual "Pagkilala at Pasasalamat" for blood donors.



From left to right: Allied Medical Department Manager, Dr. Randy P. Urtula, Chief Medical Technologist Myra Maceda, Executive Director, Dr. Sonia B. Gonzalez, Pathology Division Head, Dr. Melani H. Sionzon and Medical Technology Officer IV Antonio Domasian Jr, pose before the camera.



Officers and staff of Pediatric Blood Bank Center.

The BIDA Registry

A Milestone in Our Battle Against Biliary Atresia

by Emaluz Parian-delos Angeles, MD | Pediatric Gastroenterologist



BIDA Registry

Biliary Atresia Disease Registry



The BIDA Registry team comprising of consultants and fellows-in-training from the Section of Pediatric Gastroenterology, Hepatology and Nutrition (back row), headed by Dr. Marilou G. Tan, with Dr. Emaluz Z. Parian-de los Angeles (BIDA Registry Custodian); together with the Data Management Unit (DMU) – Technical Working Group (front row) comprising of (from left to right) Mr. Shawn Bonghanoy (Data Engineer), Ms. Marie Gabrielle M. de Luna (Data Analyst), Ms. Charito L. Maiquez (Head of DMU, BIDA Registry Custodian) and Ms. Ma. Fe S. Sisteberio (Data Custodian). Image taken from the BIDA Registry launching last June 29, 2023 at the PCMC Multipurpose Hall.

The Philippine Children's Medical Center's (PCMC) Section of Pediatric Gastroenterology, Hepatology, and Nutrition, in collaboration with the Data Management Unit, launched the Biliary Atresia Disease Registry (BIDA Registry) on June 29, 2023, the first disease registry created in the institution's history. This groundbreaking initiative marks a significant leap forward in combating biliary atresia, a complex liver disease that profoundly affects infants and young patients.

Biliary atresia poses a grave challenge to the medical community due to its elusive etiology, early presentation, and potential for devastating outcomes, especially if timely diagnosis and management are not implemented. Recognizing the urgent need for a centralized system to collect and analyze crucial data, pediatric gastroenterologists, data management experts, and clinical researchers collaborated to create the BIDA Registry.

The significance of the BIDA Registry lies in its ability to harness the power of data. Every patient encounter and clinical detail recorded within the registry offers invaluable insights into the natural history of biliary atresia. Through tracking patient demographics, disease progression, treatment outcome, and long-term follow-up data, researchers and clinicians gain a panoramic view of the disease's intricacies.

The establishment of the BIDA Registry represents a significant milestone in the evolution of specialized pediatric care at the Philippine Children's Medical Center. As the registry continues to grow, gathering more patient data and fostering collaborative research with national and international partners, the potential for transforming the local landscape of biliary atresia care becomes increasingly apparent. This registry opens doors to improved patient outcomes, enhanced research opportunities, and the advancement of healthcare practices in the fight against biliary atresia.

Bivalent COVID vaccines

Game-changers in our battle against the pandemic

By Angelina C. Bernardo, MD | Pediatric Infectious Disease Fellow-in-Training



PCMC Doctors wait for their turn to receive bivalent covid vaccines.

The Bivalent COVID vaccines are game-changers in our battle against the pandemic. Recent research highlights their remarkable ability to generate strong immune responses, targeting sub lineages like Omicron. Authorized as boosters in the US, these vaccines have extensive clinical evidence supporting their safety and effectiveness.

The Rationale for Booster Shots

The rationale behind administering COVID boosters is to enhance and prolong the protection provided by the initial vaccination series. Over time, the immune response triggered by the primary vaccination may wane, leaving individuals potentially more susceptible to infection, especially with the emergence of new variants. Boosters, such as bivalent vaccines, aim to reinvigorate the immune system and strengthen its ability to fight against the evolving threats of COVID-19.

Protecting Against Multiple Strains

The emergence of new COVID-19 variants, including the highly transmissible Omicron variant, has posed challenges to global health efforts. However, bivalent vaccines have proven highly effective in protecting individuals against multiple strains. By incorporating mRNA from the original strain and the Omicron variant's BA.4 and BA.5 lineages, these vaccines provide enhanced protection and reduce virus transmission.

FDA Authorization and Clinical Evidence

The authorization of bivalent COVID vaccine boosters in the United States is founded on robust clinical evidence supporting their safety and effectiveness. Extensive research and trials have consistently demonstrated that bivalent formulations, administered as single booster doses, exhibit similar safety profiles to the original vaccines.

Safety Profile

The Bivalent COVID vaccines have demonstrated a favorable safety profile, with most side effects being mild and temporary, such as temporary discomfort or fatigue. Serious adverse events are rare, further underscoring the overall safety of these vaccines.

A Milestone in the Philippines: The introduction of bivalent vaccines in the Philippines, with the support of the Government of the Republic of Lithuania, represents a significant milestone in the fight against the pandemic. Recently, these vaccines were successfully rolled out as a third booster in our country. In PCMC, the vaccine roll-out on July 4, 5, 11, 12, 19, and 25, 2023, served 636 employees under the clinical A1 priority group and their A2 dependents. This initiative highlights our commitment to combat COVID-19 and protect the health and well-being of our healthcare workers.

Conclusion: Bivalent vaccines have been shown to enhance immune responses, protect against multiple strains, and reduce virus transmission. Supported by extensive research, these vaccines are crucial in our fight against the pandemic while ensuring the well-being of recipients.

The 4th Week of July: National Diabetes Awareness Week

By: Kristine Mae D. Betansos, MD | Pediatric Endocrinology Fellow-in-Training
Melissa Joyanne M. Cachero, MD | Pediatric Endocrinology Fellow-in-Training



Facilitators and participants of the 2nd PCMC DM Awareness Day

The Section of Pediatric Endocrinology joins the nation in the observance of "Diabetes Awareness Week" by organizing the 2nd PCMC Diabetes Mellitus (DM) Awareness Day on July 18, 2023, and participating in the 15th Philippine Society of Pediatric Metabolism and Endocrinology Diabetes Mellitus Camp (PSPME DM Camp) from July 23–25, 2023.

Twenty-four children (24) aged 8 to 18 years old diagnosed with DM, together with their parents, participated in the DM Awareness Day held at the PCMC Multipurpose Hall with the theme "Diabetes Warriors: Unite and Thrive!"

On the other hand, the consultant staff of the Section of Pediatric Endocrinology participated in the 3-day PSPME DM Camp with the theme "4Cs Model of Resilience: Control, Commitment, Change, and Confidence," held at the West Grove Farm Resort, Tanauan City, Batangas. There were 48 children with DM who participated in the 3-day activity, including 11 PCMC patients. Three fellows-in-training also joined the camp as part of their learning activities, including Dr. Melissa Joyanne M. Cachero of PCMC.

Both events featured interactive lectures covering a wide range of topics on diabetes management. The lectures include blood sugar monitoring, techniques on insulin injection, blood sugar control, hyperglycemia and hypoglycemia symptoms, different insulin regimens, potential complications associated with DM, and proper exercise.



Dr. Eve Fernandez, consultant of the Section of Pediatric Endocrinology (left) and Ms. Patricia Alexis Lim of the Nutrition and Dietetics Division (right) discussed the basics of diabetes mellitus and medical nutrition therapy respectively.



Facilitators and participants of the 15th PSPME DM Camp

During the 2nd PCMC DM Awareness Day, representatives from both the PCMC Social Services Section and the Sustainable Livelihood Program of DSWD shared invaluable insights on available medical and social assistance programs, as well as opportunities for sustainable livelihood projects.



Diabetes nurse educators discussed continuous blood glucose monitoring and insulin injection

On the other hand, attendees of the 15th PSPME DM Camp received counseling on resilience and mental health, emphasizing holistic well-being in diabetes management. These sessions, conducted by guest psychologists, provided guidance on coping with emotional challenges and fostering a positive mindset, which are essential for effectively managing their condition.



Ms. Mary Grace Felias lectured on assistance offered by Social Services (left). Ms. Aileen Dizon talked about the DSWD sustainable livelihood program (right).

Highlights of the events included the Amazing Race, where each challenge served as an application of the knowledge and skills they had acquired. Participants and facilitators also came together for the Talent Show and Fellowship night, where they displayed their singing and dancing prowess.

Commercial and non-commercial donors supported the event, providing continuous glucose monitoring (CGM) devices, prizes, and commemorative giveaways. Special awards went to the best group and individual participation. The program concluded with the presentation of certificates to all the participants.



Consultants, fellow and participants from PCMC during the DM Camp Fellowship Night.



Each patient received a free trial of continuous glucose monitoring (CGM), a painless way of determining blood glucose without finger pricking

PCMC Perinatology 35th Anniversary

Continuing Quality Care and Excellence in High Risk Pregnancies, Perinatal Anesthesiology and Pediatric and Adolescent Gynecology

By Maria Czarina Mendoza, MD | Assistant Training Officer, Perinatology Section



The official poster of the two (2) day celebration

Ribbon cutting of the New Perinatal Center from Left to Right : Dr. Cecilia O. Gan, Dr. Ma. Estrella Flores, Dr. Maria Czarina Mendoza, Dr. Cecilia Martinez, Dr. Ma. Socorro Bernardino, Dr. Aida Cristobal, Dr. Maria Eva I. Jopson, Dr. Lucia Tiangco, Dr. Marichu D. Battad, Dr. Charito Corpuz and Dr. Marr Antoniette Boncan

A perinatal center in a children's hospital was envisioned and started 35 years ago by the five visionaries, Doctors Lillian V. Lee, Sonia R. Sarcia, Corazon Yabes-Almirante, Herminia Lopez-Cifra, and Fusca C. Piczon, as a venue for specialized care for high-risk pregnancies. Their legacy has continued and has been passed down through generations.

The PCMC Perinatal Center, headed by Dr. Ma Socorro C. Bernardino, celebrated its 35 years of service last June 28, 2023. It was a two-day event that was heralded by a virtual webinar with the theme "PCMC Perinatal Center at 35: Encompassing High-Risk Pregnancies, How to Take Care of Preterm Deliveries, and Abnormal Uterine Bleeding in Adolescents"

The lectures were given to us by our very own renowned speakers, Dr. Karen Faustino, Dr. Maria Therese Mallen, and Dr. Christine Guzman. It aims to promote health information and awareness among other allied health members and was attended by 260 participants (doctors, nurses, and midwives) from the Quezon City Health Department, Quirino Memorial Medical Center and their Service Delivery Network (Quirino-Recognized Partners), VT Maternity Hospital in Marikina, and participants from Baguio, Cavite, Malabon, and as far as Iloilo.

The second day of the celebration was held on June 30, 2023. This day commenced with a Eucharistic celebration presided over by Fr. Aldred Hordoñez. This was attended by the staff of the Perinatal Center and representatives from Hospital Administration, Dr. Cecilia O. Gan, Deputy Executive Director for Hospital Support Services; Dr. Maria Eva I. Jopson, Deputy Executive Director for Medical Services; Dr. Marichu D.

Official Poster of the Virtual lecture via Zoom last June 28, 2023

Battad, Department Manager, Surgical Services; Dr. Charito Corpuz, Head, Neonatology Division; Ms. Remedios O. Salonga, Department Manager, Critical and Specialty Care; and Mr. Francis S. dela Cuesta, Department Manager, General Nursing. This was followed by the blessing of the new Perinatal Center, the launching of the new department logo, and the opening of the photo exhibit showing its establishment up to what it has become today. A heartwarming welcome address was given by the Executive Director, Dr. Sonia B. Gonzalez.



Fun Booths and Play Area for the participants



Dr. Maria Estrella Flores and Dr. Maria Czarina Mendoza together with the participants of the "Isang Pamilya Fair"



Dr. Maria Estrella Flores, Dr. Corazon Almirante and Dr. Ma. Socorro Bernardino

The afternoon was celebrated with the "Isang Pamilya Fair". This was attended by babies with congenital defects and successfully-managed preemies. Food carts like cotton candy, ice cream, and popcorn, face painting, and educational toys were stationed at the venue. Different games and magic show were organized by clowns who at the same time hosted the event. Snacks were served to the kids and their parents. In line with Department of Health's National Safe Kids Week, the institution sponsored a lecture on "Child Safety" which was delivered by Dr. Jason Abello of the Health Emergency Management Unit (HEMU).

This day was concluded with a Fellowship Night with a Tea Party theme which was a reunion of all the graduates of the Perinatology, Perinatal Anesthesia, and Pediatric and Adolescent Gynecology Programs. The five founding members namely Corazon Yabes-Almirante MD, Lillian V.

Lee MD, Hirminia Cifra MD represented by her husband, Mr. Cesar Cifra, Sonia Sarcia MD, and Fusca Piczon MD, who envisioned the creation of the Perinatal center were honored through a Plaque of Appreciation.

All the nursing supervisors for the past 35 years were correspondingly recognized and given Certificate of Appreciation. The program ended with a ceremonial lighting of candle which started from Dr. Almirante and this was handed to succeeding graduates of Perinatology, Perinatal Anesthesia, and Pediatric and Adolescent Gynecology. This gesture symbolized the passing of her ideals and visions and the commitment of the one receiving it to continue her legacy.



PCMC Perinatology, Pediatric and Adolescent Gynecology and Perinatal Anesthesia Staff

PCMC towards Disaster Resilience

By Arianne Faye E. Castro | Clerk III, Health Emergency Management Unit (HEMU)



Actual home emergency scenarios needing CPR to adult and child were demonstrated by trained HEMU BLS instructors.

The Philippine Children’s Medical Center (PCMC) celebrated the annual National Disaster Resilience Month (NDRM) every July through various disaster preparedness activities organized and facilitated by the Health Emergency Management Unit (HEMU).

To disseminate and standardize the hospital plans on disaster risk reduction and management in health (DRRM-H), a cascading of the Emergency Preparedness and Response Manual was conducted on July 10, 2023. The hospital memorandum describing the designated member, and their roles and responsibilities on the Incident Command System (ICS) were reiterated. This was attended by 80 employees via Zoom, mostly leaders of the different departments and sections. The different offices and wards were also requested to craft their own hazard and evacuation plans tailored to their areas.



Live attendees during the HEMU Hour forum.

As part of HEMU’s commitment to giving disaster preparedness awareness to all our stakeholders, the mass “Hands-Only” was once again conducted in support of the Department of Health’s promotion of the National Disaster Resilience Month on July 18, 2023. HEMU was able to reach its target participants, the subspecialty parents and guardians, with 40 in attendance at the Sto. Niño atrium. The employees, patients, students, parents, and guardians were encouraged to be more confident in performing CPR correctly in the case scenarios presented.



In connection to the planetary health forum, HEMU together with Dr. Renzo Guinto, Dr. Sonia B. Gonzalez, Dr. Mary Ann C. Bunyi, and Dr. Cecilia O. Gan graced for a group photo in the Globe Atrium.

The annual HEMU Hour was graced by Dr. Lorenzo Guinto on July 20, 2023, at the MPH and via Zoom. He is one of the 2022 Outstanding Young Men of the Philippines. The topic was “Planetary Health: Safeguarding the Health of Children in the Era of Climate Emergency”. The talk provoked the audience to question and act on the urgent need to address climate change.

Overall, the NDRM was a fruitful time for increasing awareness among employees and clients of the value of disaster preparedness and resilience.

NEO Talks: Division of Neonatology shares Best Practices

By Ma. Leah Pamela W. Ilagan, MD | Neonatologist

Aiming to equip our partner hospital by sharing our best practices, the Division of Neonatology launched its premiere virtual episode of Neo Talks on July 25, 2023, entitled “Total Parenteral Nutrition (TPN) for the Neonatal Health Care Provider.”

This was in line with the Philippine Children’s Medical Center’s (PCMC) initiative to promote service delivery networking through the Division of Neonatology, the Department of Health (DOH) - designated National Referral Center for Neonatal Care, to form networks for neonatal patients in accordance with the implementation of Universal Health Care. The Bataan General Hospital was chosen as one of our partner hospitals in Luzon.

TPN module Team Leader Dr. Christine Joyce Ramos-Calimag gave a warm welcome to all 100 attendees, composed of physicians (neonatologists and pediatricians), nurses, and pharmacists from both PCMC and Bataan General Hospital.

"It was in 2021 when we started this lecture series on TPN, initially delivered only to the residents of PCMC, and now we are actually sharing this with Bataan General Hospital staff as well as with the pharmacists and neonatal nurses of PCMC," said Dr. Ramos-Calimag.

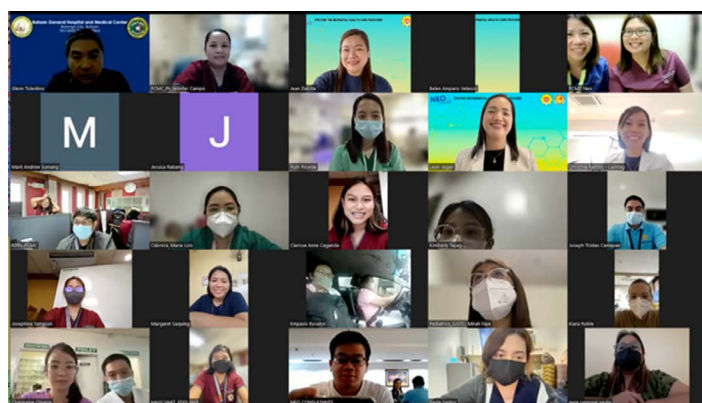
Three distinguished homegrown neonatologists delivered their comprehensive discussions afterwards: TPN Preparation and Administration delivered by Dr. Sharlene Seng, Components of Parenteral Nutrition Part 1 (Carbohydrates, Proteins, and Fats) by Dr. Belen Amparo Velasco, and Components of Parenteral Nutrition Part 2 (Vitamins and Trace Elements) discussed by Dr. Jean M. Zialcita.

A 20-minute Open Forum immediately followed the lecture series, and there were several queries and clarifications primarily on component preparation, handling of lines, and challenges in program implementation. The speakers addressed all these queries including PCMC Pharmacy Division Head Ms. Jennifer Campo, RPh, who shared practices in our own pharmacy unit. Thereafter, the PCMC Division of Neonatology, in cooperation with the Pharmacy Division, officially launched its TPN Module, followed by demonstration videos on TPN preparation and administration, which were shared with Bataan General Hospital.

Bataan General Hospital’s Dr. Glenn Tolentino (neonatologist) expressed his deep gratitude for this learning opportunity for their staff and is looking forward to future collaborations.



TOTAL PARENTERAL NUTRITION MODULE
Cover Page (layout by Mr. Benson Garcia)



NEO Talks zoom participants (PCMC and Bataan General Hospital staff)

The program was formally closed by Neonatology Division Head Dr. Charito Corpuz with the hope that each of the attendees have learned what they needed to learn to improve services for newborns.”

The takeaway points from this forum were "that preparation and administration of TPN really warrant meticulous procedures, and early aggressive nutrition with full TPN components is a valuable part of our holistic care for our vulnerable newborns.”

Early and healthy nutrition means a healthy future for our newborns! From this premiere episode on, the Division will continue to document and share its best practices for Filipino newborns. That being said, the Neonatology Division will see you again in the next Neo Talks!

PCMC Celebrates 49th Nutrition Month

By Carina D. Ramirez, RND, MPA | Chair, Nutrition Month Celebration 2023



The officers and staff of Nutrition and Dietetics Division.

The Philippine Children’s Medical Center joined the nation in the celebration of the 49th Nutrition Month, an annual campaign held every July to create greater awareness on the importance of nutrition among Filipinos. This year’s theme was "Healthy diet gawing affordable for all!" Which aimed “to promote food and nutrition security, specifically affordability, and ensured the right of everyone to have access to safe and nutritious food and be free from hunger”.

The campaign called for relevant stakeholders to transform the food system and its key internal drivers to ensure the affordability of nutritious foods as part of a healthy diet and encourage more Filipinos to support macro- and micro-level efforts to reduce inefficiencies in food systems, to make healthy diets more accessible, available, and affordable for all.

In observance of this year’s celebration, the Nutrition and Dietetics Division (NDD) organized activities to raise awareness about supporting Filipinos to improve access to affordable healthy diets, reduce malnutrition and improve food security, health, and quality of life.

The first activity was the hanging of tarpaulin posters in the first week of July. This activity aimed to disseminate information to the public about the “Nutrition Month”. The tarpaulins were installed at Gates 2 and 3. It featured the Nutrition Month logo that illustrated food items from the “Pinggang Pinoy (Filipino Food Plate)”. It showed the peso bill to signify the prices of the food items and should be "abot-kaya," or affordable. The pair of hands symbolized the need to work together to support Filipinos' healthy diets. The logo depicted how basic food items such as rice, fish, and commonly consumed fruits and vegetables like bananas and malunggay can be within the means of Filipino families.



On July 3, inpatients from different wards received healthy treats from the NDD. The key message was to influence children to eat healthy snacks as well as minimally processed foods, balanced across food groups, while restricting highly processed food and drink products. Our ordinary snacks were modified to make them healthy treats given to inpatients, e.g. Crispy Kangkong Chips, Squash Buchi with Cheese Filling, and Fruit Kebab (fruit slices on a stick).

KADIWA SA PCMC:

The NDD also organized the "KADIWA sa PCMC." This activity was an opportunity to highlight government efforts together with partners in its food and nutrition security policies and programs by expanding the access of consumers to affordable, safe,



Kadiwa sa PCMC



and nutritious food and the attainment of a sufficient and stable supply of food commodities. The Department of Agriculture has granted our request for KADIWA stores to conduct retail sales in our institution. The KADIWA sa PCMC was held on July 19–21, 2023, from 8:00 a.m. to 5:00 p.m. at the Globe Atrium. KADIWA provided fresh and affordable vegetables, fruits, and other agricultural produce at lower prices. Items sold were rice, vegetables, both from highland and lowland areas, fruits, eggs, dairy products, smoked and dried fish. PCMC employees, parents, and caregivers of our pediatric patients, visitors, and guests supported and bought items from our local farmers during the three-day activity.

SEMINAR ON SUSTAINABLE HEALTHY DIETS:

A seminar aimed to engage consumers to support improvements in levels of diet quality towards sustainable healthy diets and to generate the participation of stakeholders was held on July 18 from 1:00 PM to 4:00 PM at Function Halls 1 and 2. A Registered Nutritionist-Dietitian from the Quezon City Health Department talked about the "Quezon City Healthy Public Food Procurement Policy." It was on July 23, 2021, when QC Mayor Josefina Belmonte signed Executive Order (EO) No. 16, series of 2021, formalizing the QC Healthy Public Food Procurement Policy. The policy requires all food procured by the QC Government and served at government-run institutions and events under RA 9184 to comply with the QC Nutrition Standards. This includes food provided at meetings, training, and conferences, as well as inpatient meals served at hospitals and snacks provided at child development centers. Only food bought with government funds is covered by the policy. Food sold by canteens on government premises or by third-party vendors on and around government property is not covered by the policy. EO No. 16, s. 2021 is the first healthy public food procurement policy in the Philippines. Another speaker, Ms. Ilonah Jane B. Pomay, RND, RDN from the Nutrition and Dietetics Division, delivered a lecture about "Healthy and Affordable Diet for All."



Quezon City Healthy Public Food Procurement Policy awareness lecture activity.

Numerous lay forums were conducted by our in-house registered nutritionist-dietitians (RNDs) in collaboration with different sub-specialty units of the hospital. Jerico A. Cabotaje, RND, MSFS, was the division's representative for the Gastro Lay Forum, while Patricia M. Lim, RND, delivered a lecture during Diabetes Mellitus (DM) Awareness Day. Both events were held simultaneously on July 18.

The celebration continued as the team of RNDs went to Tulay ng Kabataan, in collaboration with PCMC 43rd Anniversary Committee Over-all Chair, Dr. Randy P. Urtula, for the Adopt an Orphanage Version 2.0 project held on July 25. The team performed nutritional assessments for children aged 0 to 5 years old. Moreover, the RNDs also conducted a lecture for caregivers with the aim of improving the nutritional status of children. There were food packs, tokens, and raffle prizes given to the participants.

A team of PCMC Nutritionists and Dietitians conduct a lecture for caregivers of Tulay ng Kabataan, in collaboration with PCMC 43rd Anniversary Committee, for the Adopt an Orphanage Version 2.0 project.

Another key message of the Nutrition Month campaign is for individuals, families, and communities to understand that a healthy diet is an important aspect of achieving a functioning and well-nourished body. It needs to



DM Awareness Day

start early in life through proper and adequate breastfeeding and should be continued as a person develops and grows. A healthy diet serves as the foundation for health, well-being, optimal growth, and development in all life stages in order to prevent all forms of malnutrition.

The NDD's last activity was a cooking video contest that showcased how to prepare and cook healthy and affordable meals as part of the month-long celebration. The contest was open to all relatives, watchers, and caregivers of in-patients and out-patients. Cash prizes were given to the winners whose videos showcased the cooking process, ingredients, prices of the ingredients, and serving portion. It featured healthy ingredients and emphasized ways to make healthy and affordable meals.

Overall, the month-long celebration was able to reach different target groups and was a venue to promote a healthy and affordable diet for all. Happy Nutrition Month, everyone!



A team of PCMC Nutritionists and Dietitians conduct a lecture for caregivers of Tulay ng Kabataan, in collaboration with PCMC 43rd Anniversary Committee, for the Adopt an Orphanage Version 2.0 project.

Corporate Planning organizes Leadership Lecture Sessions for PCMC Key Officials

By Nazareno J. Cuartero | Planning Officer III, Corporate Planning Division



PCMC Key Officials and Corporate Planning Division Staff pose before the camera with Hon. Mayor Ma. Josefina "Joy" Belmonte-Alimurung of Quezon City and Mr. Anthony Talampas (Resource Speaker) during the Strategic Planning 2026-2030, 1st Leadership Lecture Session last 7 July 2023 at 15th Floor, Executive Lounge, High Rise Building, Quezon City Hall, Quezon City.

To sustain the organization's foothold as an Apex Hospital and National Reference Center for Advanced Pediatric Specialty Care, as well as to align its direction and long-term plans with the Universal Health Care Act, which requires healthcare institutions to provide equitable and accessible health services to Filipinos, the Philippine Children's Medical Center's (PCMC) is conducting a crucial initiative to develop a Strategic Plan for 2026-2030.

In line with this, the Corporate Planning Division organized the Leadership Lecture Sessions for PCMC Key Officials. It was launched at Quezon City Hall with Hon. Mayor Ma. Josefina "Joy" Belmonte-Alimurung as guest of honor. During her speech, Mayor Belmonte mentioned the City's healthcare plans and utmost support to PCMC.

The first lecture session entitled "Staying on Top of Crisis Situations" was conducted by Anthony Talampas from Bedrock Leadership & Management Consultancy and the second lecture session entitled "Digital Transformation in Healthcare Services" was conducted by Mark Anthony G. Malitan, Chief HR Specialist, Civil Service Institute.

PCMC would like to thank Mayor Belmonte and our Resource Speakers for being part of this remarkable event.

PCMC celebrates 45th National Disability Prevention and Rehabilitation Week

By Tricia Anne Lacs, PTRP I Chairperson, PCMC-NDPR 2023

Genevie Moratalla, PTRP I Co- Chair, PCMC- NDPR 2023

The Rehabilitation Medicine Division (RMD) of the Philippine Children's Medical Center (PCMC) conducted a series of activities for the observance of the "45th National Disability Prevention and Rehabilitation Week".

With the theme "Persons with Disabilities Accessibility and Rights: Towards a Sustainable Future Where No One is Left Behind," the celebration sought to foster a society that embraces diversity, allowing individuals with varying abilities to engage fully in every facet of life.

Moreover, it aimed "to enhance the well-being of differently abled individuals by guaranteeing their access to essential resources and support". Celebrating the accomplishments of the community of people with disabilities can contribute to the development of a more inclusive society because it conveys the idea that everyone has a place in our society. As a result, this approach can lead to a more accommodating and accessible environment for all.

The activity week commenced with a heartwarming mission to spread joy among the patients at PCMC. The officers and staff of the Rehabilitation Medicine Division shared loot bags filled with treats, toys, the NDPR 2023 T-shirt, and hygiene kits with each patient. The employees realized that small acts of kindness could have a significant impact on the lives of others. The experience instilled in them a sense of empathy and compassion, and they were inspired to continue making a positive difference.

Enteral Feeding Lecture-Demonstration for Parents and Caregivers

Last July 18, 2023, a talk on "Enteral Feeding Lecture-Demonstration for Parents and Caregivers" was organized for Rehabilitation Medicine Division parents and caregivers and served as a powerful platform for knowledge-sharing and support.

The guest speaker, Mrs. Melanie Pedregosa, a licensed nutritionist-dietitian, conducted a lecture on "enteral nutrition, different types of tube feeding, proper nutrition, and practical demonstrations, showcasing how a balanced meal could be prepared easily and affordably". The easy-to-find ingredients and their high nutrition content inspired the participants to embrace healthier alternatives for patients who have difficulty feeding.

The insights provided by Mrs. Pedregosa, coupled with the shared experiences of participants, created a sense of community and understanding, making parents and caregivers felt heard, supported, and empowered in their caregiving roles.

Turn- Over of Donated Wheelchairs

The United Shrine Club of the Philippines, a fraternity of men committed to providing greater difference in the world through brotherhood, family, fun, and philanthropy, has donated twenty (20) wheelchairs and 200 toys to the patients of RMD last July 19, 2023.

Consistent with the theme of the 45th NDPR Week, the wheelchairs donated by the United Shrine Club of the Philippines made mobility accessible to children with exceptional needs. One of the wheelchair recipients stated that "malaki ang tulong ng wheelchair na 'to dahil nanghihiram lang po kami".

The big, colorful toys given were able to bring joyous smiles to the caregivers and patients.

Bone Screening for PCMC Employees

Recognizing the importance of employee health and the significance of preventive care, a bone screening program was held on July 20, 2023 to promote health awareness among PCMC Employees ages 40 year old and above. Many employees left the event with a renewed commitment in maintaining a balanced diet, engaging in regular exercise, taking vitamins regularly, and seeking medical advice when necessary.

Evasion, Escort, and Restraint Workshop

Managing Unexpected and Aggressive Behaviors in the Hospital Setting

By Ermenilda L. Avendaño, M.D. | Manager, Medical Services Department



Participants of the Sensitivity, Evasion, Escort, and restraint Workshop.

In our commitment to provide the best care to our patients, the PCMC Section of Neurodevelopmental Pediatrics launched the Sensitivity Workshop: Evasion, Escort, and Restraint Workshop with the primary objective of enabling the PCMC Staff with effective and evidence-based strategies to manage unexpected and aggressive behaviors among patients during treatment. The main facilitator was Ms. Cecil Sicam, a highly accomplished individual with a strong background in the field of autism and education.

For this year, there were three (3) workshops done at the Multipurpose Hall: April 27 with 35 participants from the Child Neuroscience Division; July 26 with 29 participants—residents, nurses from the emergency room, pay wards, nursing aides, and staff from the neurodiagnostic department; and October 4 with 41 participants from the Nursing Service, Pathology/Laboratory Division, and Security Office.

The workshop was designed to provide participants with a comprehensive understanding of the phases of crisis behaviors and how to utilize positive behavior strategies effectively. The participants were taught preemptive measures to negate unexpected aggressive behaviors from escalating. Additionally, it provided practical tools that could be used in a real-life context, such as techniques to de-escalate anxiety and create effective response mechanisms during peak crises or aggressive behaviors. The workshop had a hands-on approach to learning as it involved demonstrations and practice sessions for evasion and escort techniques as well as restraint techniques. This was supplemented by in-depth discussions examining actual cases and exploring potential responses relevant to our hospital experiences.

The Section of Neurodevelopmental Pediatrics is working on having all the PCMC staff and employees undergo this workshop to be empowered on how to manage unexpected and aggressive behaviors in patients during treatment.

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