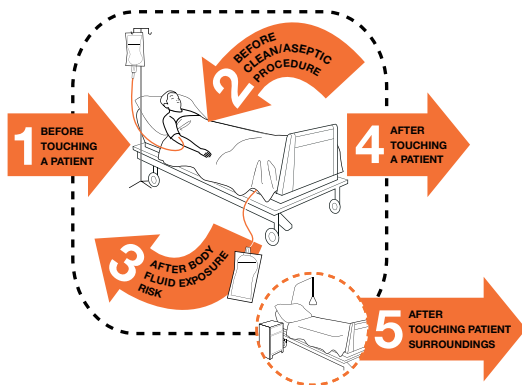




PCMC Celebrates Global Handwashing Day

By Aubrey O. Artienda, MD, DPPS | Pediatric Infectious Disease Fellow-In-Training

Your 5 Moments for Hand Hygiene



1	BEFORE TOUCHING A PATIENT	WHEN? Clean your hands before touching a patient when approaching him/her.	WHY? To protect the patient against harmful germs carried on your hands.
2	BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN? Clean your hands immediately before performing a clean/aseptic procedure.	WHY? To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3	AFTER BODY FLUID EXPOSURE RISK	WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal).	WHY? To protect yourself and the health-care environment from harmful patient germs.
4	AFTER TOUCHING A PATIENT	WHEN? Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side.	WHY? To protect yourself and the health-care environment from harmful patient germs.
5	AFTER TOUCHING PATIENT SURROUNDINGS	WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched.	WHY? To protect yourself and the health-care environment from harmful patient germs.



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

In celebration of Global Handwashing Day, the Infection Prevention and Control Committee (IPCC) of the Philippine Children's Medical Center (PCMC) organized various activities to inspire its employees to be handwashing advocates.

The first Global Handwashing Day was held in 2008, and from then on, is being celebrated every 15th of October as championed by the Centers for Disease Control and Prevention. It is a global advocacy day dedicated to increasing awareness and understanding about the impact of handwashing and alcohol-based hand rub, collectively called hand hygiene, in the prevention of diseases. For the year 2022, the theme is "Unite for Universal Hand Hygiene."

The IPCC conducted a virtual lecture on the basics of hand hygiene, which was attended by the different divisions of the hospital. The presentation emphasized the chain of infection, which describes how an infection can occur involving three major components: 1) the infectious agent, 2) the susceptible host, and 3) the means of transmission. Hand hygiene has been proven to be the most effective and least expensive strategy for breaking this chain. Thus, it is considered the most important measure for preventing infection and the spread of antimicrobial-resistant organisms, particularly in a healthcare facility.

The "five moments" when hand hygiene is required were reiterated. The moments are as follows: before patient contact, before an aseptic procedure, after body fluid exposure risk, after patient contact, and after contact with the patient's surroundings.

The technique in hand hygiene was likewise highlighted. The completion of all the steps is very important to avoid missing any areas. The thumbs are the most frequently missed, followed by the fingertips and between the fingers.

The presentation ended with a simple post-evaluation exercise in which participants were shown videos and asked to identify common errors. Freebies from the IPCC were given to those who provided correct answers.

After the virtual lecture, the IPCC members visited various sections of the hospital for a demonstration and return demonstration of handwashing. Free alcohol dispensers and liquid hand soaps were given out to the employees. Everyone was encouraged to be handwashing advocates by spreading the word through their social media accounts and by posting #globalhandwashingday and #uniteforuniversalhandhygiene in order to engage with a community of hand hygiene champions.



IPCC Nurse Michaela B. Llapitan demonstrates proper handwashing technique.

A Letter to a "Not So Little Girl Anymore"

By Darlene Pecache, M.D | Adolescent Medicine Specialist

I am writing you because I can express myself better through written words. I remember when I was about your age (there was no senior high school, so I was a freshman in college at age 17), I wrote to my dad to reassure him that my priority in life was to finish school and go to medical school and definitely not the boys or the dating I was busy with at that time. But you know, that was me, and you know how dramatic I can get. So, here goes...

I know we always tell you to move faster—getting into the car with your things or gathering your stuff when you get home from school. I just want you to always be alert, organized, and on your feet. I know that things are not easy when you have school work on your mind or a fencing competition coming up. I know the discipline you carry has a lot to do with the reminders we have been giving you and that you have been listening to.

I see that there are times you are quiet, just on your phone or in your room. I remember in the late 80s, there was a local publication of Seventeen magazine, and it had an article entitled, "Privacy: Why Teens Need It." I felt that article was about me and my sister at the time! Until now, the title has resonated, and I understand why you need your privacy. Remember, I am here for you whenever you want to talk. I will not judge. I may not have the answers to some of the questions you have, but I can assure you that I will listen.

We used to go to Time Zone together and spend afternoons walking around the mall. The other week, you would rather walk with the cousins than with us, "adults." You said you knew where the restaurant was and that you would just meet us there. But I like that we now shop together online for make-up, scented candles, our favorite Winter Candy Apple which only comes out during the holidays, and other "anik-aniks" (a term we use to refer to everything at Regina's in Greenhills, which has closed down to our dismay). And I love that in the middle of your "gimik" (again, another 90s term for going out with friends), you would send me a picture of a place that we talked about with a caption: "Is this the milk tea place you love?"

You now enjoy the company of your friends, and that is to be expected as you find your identity through your relationships with them. Enjoy your time with them. This is how you will learn to relate, to be kind and caring, to enjoy life, to understand yourself through your friends, and to talk to them and express your feelings. You will also experience heartaches with your friends and how they will be constants in your life now and, hopefully, for years to come. Trust me, my closest friends are my friends from when I was in grade school.

I see that you get stressed with schoolwork, and like I always say, time management is key. I know you know your priorities and that the "to-do list" on your white board works for you, so continue to manage your time well and do not forget to have fun. It is the process—the new things you discover in school while writing your papers, solving math problems, or participating in art class—that matter. I know your teachers and classmates keep you strong. You even mentioned having a feeling of solidarity when things get tough in school (the "we're all in this together" feeling). I want you to find a sense of belongingness in them, as they are an extension of yourself, just like your family.

As your family, I am positive you will make a change in the world, and I am excited for that. I wish you all the opportunity to spread your wings and discover what the world has in store for you. And when you encounter some bumps in the road, always remember that we are here to support and love you.



Dr. Dar Pecache is an Adolescent Medicine Specialist who has her nephews and nieces as her inspiration and source of joy. Although they are now mostly in late adolescence or young adult age, they are still her "babies."

She wrote her letter to inspire families to bond and reach out to their teenagers.

PCMC Celebrates Halloween Amidst the COVID-19 Pandemic

By Mel Anthony Espinosa | Chair, Children's Program Committee



Members of Management Committee pose at the Fantasy Island backdrop with the Children's Program Committee and some participants in the fashion show.

A short fashion show was held for employees who dressed up as fantasy characters. Fourteen (14) candidates from different departments joined the fashion show. Winners were Dragon Ball Z, Squirrel, Jafar, and Minion.

The employees also prepared treats like fruits, bread, biscuits, chocolates, and candies for the patients and dependents. The committee members collected the treats from every department and distributed them to patients and employees with registered dependents.

While conducting the activity, the Committee observed minimum safety protocols, such as the wearing of a facemask, social distancing, and hand sanitization.

There's no doubt that it has been a very tiring experience for the committee members, but there was a sense of fulfillment once you see the smiles on the faces of patients receiving their treats.

The Children's Program Committee and the rest of the hospital's employees will continue to provide fun-filled events like these to motivate patients in the hospital to keep fighting despite the challenges they are facing during their treatment.

There is nothing that can stop the Philippine Children's Medical Center (PCMC) from continually striving to bring joy and happiness to children and adults by celebrating Halloween despite the challenges brought by the COVID-19 pandemic.

The 42nd Anniversary Children's Program Committee assured that the traditional celebration of Halloween will not be missed by the PCMC Community in 2022.

Due to the restrictions on gatherings being enforced as part of the health and safety protocols of the hospital, the Committee produced a stress-free yet fun-filled Halloween celebration.

The hospital conducted a simple and safe celebration with the theme "Fantasy Island" on October 28, 2022, where in a



DOH-MMCHD recognizes PCMC's efforts during COVID-19 pandemic



Department of Health-Metro Manila Center for Health Development Regional Director Gloria Balboa (left), Philippine Children's Medical Center Executive Director Dr. Sonia B. Gonzalez and Department of Health Undersecretary Nestor Santiago, Jr. during the awarding of plaque of appreciation at the celebration of DOH-MMCHD 35th Founding Anniversary held at the Manila Hotel.

The Department of Health - Metro Manila Center for Health Development (DOH-MMCHD) recognized the efforts of the Philippine Children's Medical Center (PCMC) throughout the COVID-19 pandemic.

PCMC Executive Director Dr. Sonia B. Gonzalez personally received the recognition during the DOH-MMCHD 35th Founding Anniversary with the theme "A Salute to Champions for Health," held at the Manila Hotel.

PCMC was one of the public hospitals that received regional recognition. The other public and private health sectors, partner agencies, and local government units were also recognized.



Editorial Team

- | | |
|---|--|
| Executive Editor | Dr. Sonia B. Gonzalez |
| Editor-In-Chief | Dr. Edwin V. Rodriguez |
| Managing Editor | Ms. Ira Karen U. Apanay |
| Associate Editor | Mr. Ronnel P. Dimaala |
| Chief Lay-out Artist | Mr. Benson R. Garcia |
| Lay-out Artists | Mr. Joel Fernando M. Gonzaga
Mr. Von Jason A. Asio |
| Contributor/Proofreaders | Dr. Ma. Norma V. Zamora
Mr. Christopher Michael D. Parrilla |
| Editorial Assistant/
Circulation Officer | Mr. Lee Lemuel C. Dela Torre |
| Adviser | Dr. Maria Eva I. Jopson |