

MULA KAY

Asanselor...

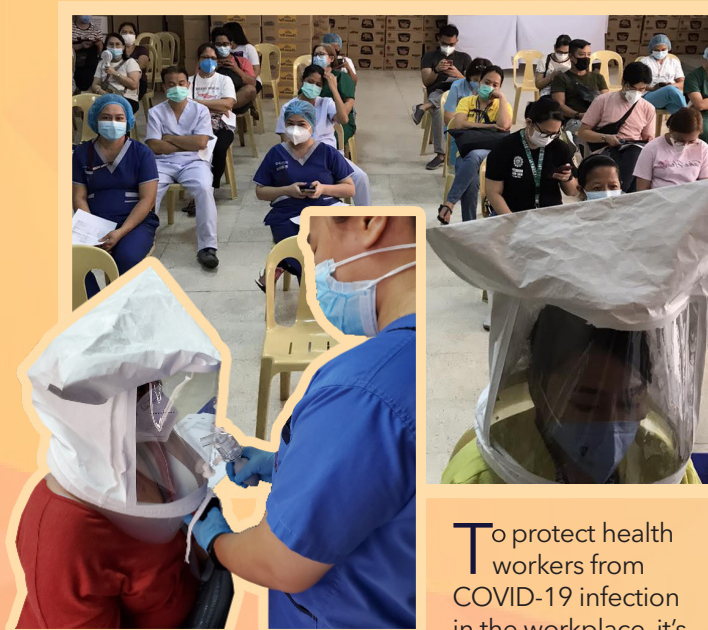
Kahit COVID-19 *referral center* ang PGH, hindi ito naging hadlang upang bigyang pugay ang mga ina sa hanay ng mga *Health Care Workers* noong *Mother's Day*! Maraming salamat!

Magkakaroon ng maraming mga bagong sistema - sa ating pakikihalubilo sa isa't-isa (laging merong suot na *mask*); sa ating pagtuturo (matinding paggamit ng *online resources* tulad ng VLE at CANVAS); sa pagbibigay ng serbisyo sa mga may sakit (nakasuot ng PPE), COVID-19 man o hindi; at sa pananaliksik sa paghahanap ng mas maiging *test* or kaya ay gamot. Ang PGH naman ay masusing pinag-aaralan ang pagbubukas ng *Outpatient Department*. Sa kabila ng mga ito, ang hindi magbabago ay ang ating mga prinsipyo, adhikain, at pagkalinga sa ating mga kasama at mga mamamayang nangangailangan ng ating tulong.

Sa isyung ito, ipinahayag ng *College of Arts and Sciences* ang kanilang CASama sa *Quarantine (UPM CAS Quarantine Diaries)*. Ang proyekto ng *School of Health Sciences* ay nakatukoy naman sa pagbigay ng *lunch packs* sa mga nagsisilbi sa *checkpoints* ng Tacloban at Palo. Nakakataba din ng puso ang ginagawa ng Mu Sigma Phi Fraternity at Sorority, UP Sandigan ng *College of Pharmacy*, at Phi Kappa Mu Fraternity and Phi Lambda Delta Sorority. Ipinakita nila ang iba't-ibang pamamaraan ng pagtulong sa mga nangangailangan.

Mapapabuti pa natin ang pagsisilbi sa larangan ng pagtuturo at pangangalaga ng pasyente sa PGH kahit maraming pagbabagong dulot ang COVID-19 dahil may isang di nagbabago, ang pag-ibig ng Panginoon na gumagabay sa atin.

Why fit testing of N95 and KN95 respirators is essential



To protect health workers from COVID-19 infection in the workplace, it's not just important

to have an adequate supply of personal protective equipment (PPE). Ensuring quality and proper use of these PPEs is vital, too. For this reason, the Hospital Infection Control Unit of the Philippine General Hospital has been very aggressive in its campaign to perform fit testing of N95 and KN95 respirators among all health personnel designated to work in the hospital's COVID-19 areas.

Fit testing ensures that your respirator fits your face snugly. The test normally takes only ten minutes, and it allows you to select the most appropriate respirator for you. There should be no gap between the respirator seal and your skin so that the respirator will function as intended, whether it's N95 or KN95. In its website, the CDC has always stated that properly fitted N95 and KN95 respirators provide equivalent protection.

PGH has received thousands of KN95 masks from our generous donors. The different variants are inspected, and only those that pass this initial quality screening are used for fit testing. After a successful fit test, HICU will provide you with your own pack of KN95 masks. Departments are advised to get in touch with HICU to confirm their respective schedules.

Dr. Ronnie E. Baticulon and Dr. Regina P. Berba

PGH Mothers



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ON MAKING THE DECISION TO JOIN THE FRONTLINE

We chose to sacrifice seeing milestones in our children's lives just so we could stay at work and help other people. I hope she'll be too young to remember any of this, but I know for a fact that I'll remember every moment I didn't get to spend with her.

Dr. Patricia Mino-Cuenco
Assistant Chief Resident for Research
Philippine General Hospital



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ON HOW SHE FEELS WORKING THROUGH COVID-19:

Una ko talaga naramdaman, nagkaroon ako ng takot at kaba, 'di lamang para sa sarili ko, para sa buong pamilya ko. Paano kung makita ko sarili ko one day, ako na yung pasyente. Ang hirap i-explain sa family ko na ganoon yung sitwasyon.

Marilyn Mallari
Marilyn Mallari
Philippine General Hospital

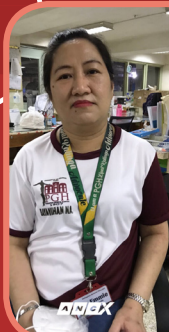


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ON MAKING IT THROUGH THIS PANDEMIC:

Ang masasabi ko lang sa mga nanay na katulad sa'kin ay konting tiyaga at sipag lang, kasi makakaraos naman tayo sa krisis na 'to. Konting tiis lang, matatapos din 'to.

Lornie Abilgas
Lornie Abilgas
Philippine General Hospital



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ON MAKING IT THROUGH THIS PANDEMIC:

Ito yung time na hindi ako nakakauwi. Challenging, pero yung tawag ng katungkulan, nandito naman. Lagi ko sinasabi na hindi naman ito pang-matagalan, at sa biyaya ng Diyos, makakaraos naman din ito. Inangkin ko na yung buong PGH ay mga anak ko at this time.

Emeric Louella
Emeric Louella
Philippine General Hospital



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Iba ang challenge ngayon, bilangan ang mga pagkain at sigurado ang makakarating sa lahat... Hindi ako nakakauwi pero pagkakataon na rin ito para matuto ang mga anak ko ng mga gawain sa bahay... May takot ako ngunit ang pinanghahawakan ko ay ang pangako ng Panginoon na pag pinawa mo ang nararapat, hindi ka Niya pababayaan... Ito ang Kanyang pangako.

Jones Virtudazo
Jones Virtudazo
Philippine General Hospital



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ON HOW SHE COPE WITH BEING AWAY FROM HER FAMILY:

First time ko lumayo sa kanya ng matagal noong nag-lockdown. Yun yung time na 10 days na hindi ako umuwi. Iba yung naramdaman ko. Asthmatic kasi siya, tsaka yung nanay ko senior. Lagi na ang kaming nagvi-video call. Lagi kaming nag-uusap bago ako papasok at pag-uwi ko.

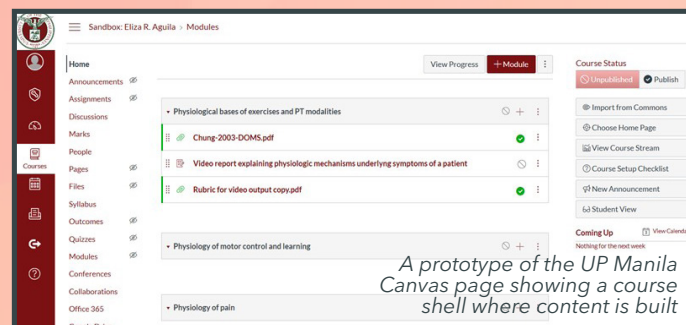
Mary Joy Bonacina
Mary Joy Bonacina
Philippine General Hospital

On May 10, 2020, twenty-five mothers were recognized by the administration of the Philippine General Hospital for their invaluable contribution to our fight in this COVID-19 war. These brave women have shown a great deal of kindness and compassion as they perform essential tasks in the day to day operations of the hospital. They have placed their lives on the line and conquered their fears as they face the enemy without remorse. All of them would admit that they long for the day to be with their families especially their children, and yet, they would never quit, rendering service as a sworn duty. On this day, Miss Ces Drilon of ABS-CBN gave tokens of appreciation from ANC News and LAZADA company. She was assisted by PGH Director Dr. Gerardo D. Legaspi and PGH Spokesperson Dr. Jonas D. Del Rosario.

Six of these women were featured in ANCX of ABS-CBN "Voices from the Frontline", a digital platform showing a series of videos, where our frontliners were featured.

Dr. Jonas D. Del Rosario

CANVAS as a New Tool in the Flexible Learning Environment of UP Manila



A prototype of the UP Manila Canvas page showing a course shell where content is built

UP Manila constituents can look forward to using CANVAS as an additional, alternative, web-based learning management system beginning first semester of Academic Year 2020-2021. With CANVAS, teaching and learning are enhanced; faculty can simplify how they manage courses and facilitate student learning while students can streamline how they access learning materials, plan their learning progress, and effectively collaborate with their peers. The decision for UP Manila to adopt CANVAS is timely as the new normal due to the COVID-19 pandemic requires a flexible learning environment allowing online or offline remote learning and, eventually, face-to-face modes. In this flexible learning environment at UP Manila, CANVAS will be a platform for varied instructional methods to suit the diverse needs, capabilities, and resources of faculty and students. Such methods may range from low bandwidth, asynchronous methods such as readings or email, to high bandwidth, synchronous methods such as video conferencing; and many options in between, including using collaborative documents, pre-recorded videos, or asynchronous discussions, using mobile phones, tablets, laptops, or desktop computers.

Since CANVAS was rolled out to the UP Manila deans last 6 April 2020, 27 faculty members have undergone a bootcamp training last 20-24 April on the fundamentals of CANVAS. Some of the CANVAS features that the trainees are anticipating using in teaching are the discussions tool, assignments tool, grading tool (Speed Grader), course analytics, and integration within CANVAS of other tools like YouTube, Zoom, Panopto, and Turnitin. The UP Manila CANVAS environment is now being prepared for use in courses in the coming academic year.

Watch out for future announcements on trainings and resources to be provided to more faculty members who will wish to use CANVAS and also for students. Please contact Marilie Aguila, Project Leader of the UP Manila CANVAS Project Management Team, at mraguila1@up.edu.ph for information.

Dean Maria Eliza R. Aguila, CAMP

SHS responds to COVID-19

The School of Health Sciences raised funds from internal private donors to provide spartan but nutritious meal packs to persons manning the busiest quarantine checkpoints in Tacloban City and Palo, Leyte where the campus is located. Checkpoint personnel were targeted for this project because they are among the most vulnerable but also the most neglected group in the hierarchy of front liners.

The lunch pack project served four checkpoints at the border shared by Tacloban and Palo and a fifth checkpoint at the border of Leyte and Samar, where the first COVID-19 confirmed cases in Eastern Visayas were detected. After eight days of project implementation, SHS has already distributed 240 lunch packs. The funds raised by the school is



Checkpoint personnel from the Philippine National Police receiving their lunch packs for the day.

enough to sustain the provision of lunch packs to checkpoints through April 30, 2020, when the

community quarantine declarations in Tacloban and Palo will expire.

SHS continues to work with its local government partners during the COVID-19 crisis. The school is coordinating with the Barangay Health Emergency Response Team (BHERT) of Barangay Luntad in Palo, Leyte where the SHS main campus is located. The SHS Mercy Relief prefabricated building was identified as a possible storage facility for barangay supplies and equipment during the COVID-19 crisis.

In addition, SHS has distributed surgical masks to two of its local government partners and learning communities, particularly their RHU personnel in the municipalities of Pastrana and Babatngon in Leyte Province.

Dean Filedito D. Tandinco, SHS

CAS shares its COVID-19 projects

UPM CAS Faculty Webinar on Ecological Solutions to the COVID-19 and Pandemics

The Center for Environmental Concerns, a socio-civic group established in the 1990s to promote a "just, free, democratic and prosperous society that considers regenerative capacity and sustainability of resources", organized the **State of the Philippine Environment Forum 2020**. The free webinar series on the ecological challenges to the COVID-19 crisis featured various lecturers discussing ecology-based solutions to the ongoing pandemic.

One of the speakers was CAS professor **Dr. Marilen Parungao Balolong** who talked on "Ecological Roots of COVID-19 and Pandemics".



She introduced the HOLOBIONT Concept, One Health and the Planetary Health approach as ways to help policy makers include science in planning and preventing pandemics in the future. Interested parties can view the recorded webinar [here](#).

The CASama sa Quarantine Facebook Group: An Online Open Space on Enclosed Days

CAS faculty members were concerned about the well-being of CAS constituents amidst the ECQ; hence, the team decided on the creation of a Facebook group on March 27, 2020.

Currently with 571 members, the "CASama sa Quarantine" aims to coordinate and facilitate access to information that are beneficial for the well-being of current and former students, REPS, administrative staff, and faculty of CAS during the ECQ. If you belong to the UPM CAS community, you

are very much welcome to join! Visit the ["CASama sa Quarantine \(UPM CAS Quarantine Diaries\)"](#).

Can't Go to the Gym? The Department of Physical Science's Exercises on Zoom Got You Covered

Lack of physical activities by the constituents during ECQ is a concern; but Prof. Guiller Realin came to the rescue with his yoga sessions via Zoom. Participation in the yoga sessions is easy: one has to join the CASama sa Quarantine Facebook group, prepare a yoga/exercise mat or towel, and a bottle of water for hydration and you're all set!

Dr. Marilen P. Balolong

THANK YOU FOR YOUR DONATIONS!
Thank you for your generosity! From the received in-kind and cash donations, we have procured personal protective equipment, disinfectants, and food packs for our frontliners!

prevent.
protect.
equip.

DISTRIBUTION OF DONATIONS

112

HOSPITALS

7

RHUs

2

NGOs

9

HEALTH FACILITIES

7

GOV'T FACILITIES

7

COMMUNITIES

ROJ DONORS x MU RELIEF x

MU RELIEF: ADDRESSING PPE AND EQUIPMENT SHORTAGE, NEED FOR EDUCATION

The Filipino spirit of *Bayanihan* has always been embroidered into the fabric of the **Mu Sigma Phi**. From the Mu Sigma Phi Blood Bank (now the PGH Blood Bank) established in the 1940s, the Mu Sigma Phi Drug Bank in the 1960s, to the campaigns for mental health by the Fraternity and immunization in 2010 by the Sorority, the Mu Sigma Phi has always been heeding the call of service to the country, particularly the health sector.

With the COVID-19 global pandemic, Mu Relief, the disaster relief arm of the Mu Sigma Phi together with undergraduate students and alumni of the UPCM have responded swiftly by delivering the appropriate PPEs to the frontliners in PGH and those in principal health units after raising funds, seeking and securing suppliers, and establishing connections with hospital and rural health unit (RHU) representatives.

This initiative was made possible with the support of other organizations such as HelpThru and ROJDonors. As of May 4, 2020, the amount raised totaling P3,634,692.20 was used to provide medical supplies to our frontliners and equipment to 101 hospitals, 6 rural health units, 2 non-government organizations, 7 health facilities, 1 government facility, and 7 communities.

The Mu Sigma Phi Sorority, through ImMUnity: An Ounce of Prevention which advocates the importance of immunization against preventable diseases, has also launched the COVIDgilliance Webinar Series to better educate both laypeople and medical workers on COVID-19 issues. Tackled by experts during the series were community-based interventions, outpatient obstetric care, and pregnancy.

Lia Carandang

UP PHARMACY'S SANDIGAN LAUNCHES COVID-19 INFO CAMPAIGN

The University of the Philippines Sandigan is the premier youth organization of the UP College of Pharmacy that strives to foster a holistic environment in honing the leadership potentials of the youth and serve the Filipinos through socially relevant projects.

The members of the organization uphold five core values: passion, dedication, excellence, service, and integrity. Amidst hundreds of trending topics and Facebook pages, UP Sandigan launched the I AM A PHARMACIST campaign empowering drug experts and pharmaceutical care providers. It aims to strengthen the image of the profession and pioneer an advocacy reaching thousands of pharmacists nationwide.

While the I AM A PHARMACIST (IAAP) Facebook page has consistently provided infographics, the team has released more publicity materials on COVID-19 during the beginning of the Enhanced Community Quarantine in Luzon. With the high reach of these posts, the page was able to aid in helping spread significant and reliable medical information and quell myths on the pandemic.

Guia Krystelle M. Santos



FRONTLINERS FOR THE FRONTLINES PH: A COVID-19 FUNDRAISER

Frontliners for the Frontlines is a program that was launched by members of the **Phi Kappa Mu Fraternity** and **Phi Lambda Delta Sorority**. It is an initiative borne out of a desire to support health care professionals who risk their lives every day on the frontlines to combat COVID-19. With the goal of raising a total of two million pesos to assist healthcare centers in sourcing and purchasing necessary equipment and materials, the fundraiser has managed to raise upwards of a million in its first five weeks.

As of this writing, the initiative has served a total of 13 hospitals and is looking to serve more in the coming weeks. Support is not only monetary in nature, as the project has also collected various materials to be donated to these hospitals. Mattresses, face masks, face shields, caps, gloves, shoe covers, protective suits, and other protective equipment have been secured

and distributed to various frontliner beneficiaries with the assistance of sponsors.

The project has also provided valuable insight on the importance of the materials procured for the frontlines, with online publication materials explaining the importance of PPEs and how they are able to effectively protect frontliners from contracting COVID-19. An active effort is also made to tell the tale of the various frontliners who dedicate their time and effort towards treating those afflicted with the virus. Anecdotes, stories, and quotes from the day-to-day lives of our health workers provide the public with a firsthand look at their struggles and experiences throughout the course of this pandemic. Through this project, it is hoped that people are inspired by the spirit and resilience of our modern heroes and that they may find a glimmer of hope in our current situation.

Joram Nelson Vivo II

MALING PANINIWALA TUNGKOL SA COVID-19



Ang pagkain ng saging ay nagbibigay ng proteksyon laban sa COVID-19.



Ang saging ay naglalaman ng mga nutrients na kailangan ng ating katawan, ngunit wala pang pag-aaral na nagsasabi na maaaring gamitin ang saging bilang panlaban sa COVID-19.



Ang pagmumog ng tubig na may asin o suka ay paraan upang hindi magkaroon ng COVID-19.



Pinapaghinawa lang nito ang lalamunan kapag mayroon kayong sore throat. Hindi nito napapatay ang novel coronavirus.



Ang pag-inom ng mataas na dosis ng Vitamin C ay makakatulong para makaiwas sa COVID-19.



Walang sapat na ebidensya para dito. Ang karaniwang pag-inom ng Vitamin C ay 1-2 na 500 mg na tableta o kapsula kada araw. Ang masyadong mataas na intake ay maaaring magdulot ng pagtatae, pagkahilo, at pagsusuka.

f /UPSandigan199 @UPSandigan199 #IGSTAY199 UP SANDIGAN

25,216

People Reached

3,837

Engagements

The “*Kalusugan ay Karapatan*” series being produced and broadcast by TV UP continues to impart vital information on health issues with the production and streaming of the first 4 episodes on COVID-19-related topics.

Hosted by UP Manila Chancellor **Dr. Carmencita Padilla**, the series’ Episode 1 tackled the topic Overview of COVID-19 with **Dr. Marissa Alejandria**, director of the UP Manila NIH Institute of Clinical Epidemiology and President of the Society for Microbiology and Infectious Diseases, as resource person. The following are excerpts from the Q and A. To view the full program, go to <https://www.youtube.com/watch?v=Edq-aejucO0&t=1s>.

What is COVID-19 and what are its symptoms?

COVID-19 is caused by SARS COV2 virus. It usually starts as a mild illness which can progress to moderate (mild and moderate~80%), severe (15%), or critical stage(5%). Symptoms are variable and may include fever, cough, sore throat, headache, muscle pain, diarrhea, or loss of smell and taste. In moderate cases, there will be additional shortness of breath and pneumonia that can be seen on X-ray. In severe cases, difficulty in breathing worsens and may need ventilatory support in an ICU. When patients deteriorate, like needing dialysis, they are in critical stage.

How does the virus spread from one person to another?

It mostly spreads from person to person among close contacts through infected respiratory droplets that come out during coughing, sneezing, or talking/singing. Some of the virus settle on surfaces and can be introduced to the mouth, nose, or eyes by hands that touched those surfaces.

These are the reasons why it is very important to maintain physical distancing, wear mask, properly cover cough and sneeze, and wash hands frequently.

What is the presymptomatic period in this infection?

The virus starts being shed two days before there are any symptoms



Kalusugan ay Karapatan on TVUP starts a COVID-19 series

and can already infect others; but transmission is high when symptoms are manifest. Physical distancing and mask wearing are therefore important to protect contacts during this presymptomatic period when there are no or just mild symptoms. Washing of hands is also very important at this time to prevent contamination. When exposed to an infected person, the contact may develop symptoms 2 to 14 days after, average of 5-6 days.

The last pandemic was the Spanish flu of 1918. What can we learn from it?

The Spanish flu of 1918 and the COVID-19 are both pandemics, able to spread across continents; and both have no treatment or vaccine (so far for COVID-19) which led to lives lost, 50-100 million for the Spanish flu. To control that pandemic, quarantine and isolation measures were also implemented. It lasted till 1920 because there was a second wave after the quarantine measures were lifted. We have to learn from this. We have to calibrate our responses in terms of the quarantine measures or the non-pharmaceutical interventions that we are implementing now to contain and mitigate this pandemic.

As an infectious disease specialist, what are your messages for the general public and to our policy makers?

For the general public, we need to lead a healthy lifestyle; and for us to control this pandemic, discipline and cooperation in implementing personal protective measures are paramount. These are physical distancing, hand hygiene, proper

cough etiquette, and not stressing ourselves with misinformation. We need to be responsible, listen to credible sources, and not be tempted to spread fake news.

For our health workers, we have to work together and not forget that as clinicians, it's not just about the laboratory test. It is about being astute and alert to unusual clinical presentations and getting a good history. The tests are important in monitoring the numbers in this pandemic. Let us adhere to guidelines which are evidenced-based. Let us comply with reporting so we can monitor number of cases and determine if we are controlling the disease.

For the government, my message is - **health is everyone's business**. One lesson from this pandemic is - **health is a valuable cost effective investment**. We incurred a lot of losses including economic losses due to COVID-19. If we invest in our health system, we invest in the health of our population and we can probably prevent another epidemic or pandemic. The minimum health standards that we are now imposing, if we implement them seriously, will go a long way not just for COVID-19 but also for other diseases. Universal health care should start with preventive health care. We need to expand our disease surveillance system, contact tracing, and responsive laboratory. The public, private, and academe have to work with a *bayanihan para sa bayan* spirit and continue a societal approach with government for a healthy country.

UP Manila issues guidelines for a safe and efficient workplace

As the national health university, with its two major institutions critical to solving the COVID-19 crisis, UP Manila issued a set of guidelines to provide its employees with a safe and efficient work environment during the Modified Enhanced Community Quarantine (MECQ).

The guidelines are based on the directives contained in Proclamation 922 dated March 8, 2020 declaring the Philippines under a state of public health emergency and Proclamation 929 dated March 16 placing Luzon under ECQ. Both national measures are directed towards preventing the spread of COVID-19.

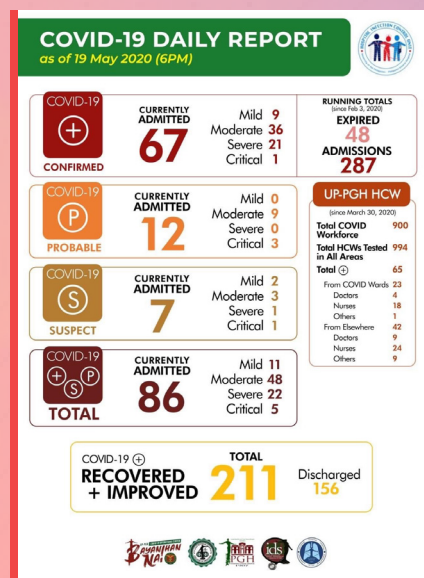
UP Manila is home to the Philippine General Hospital (PGH) which has been designated as a COVID-19 referral center and to the National Institutes of Health which has developed a low-cost and accurate RNA-based testing kit and other scientific projects. Both are dependent on UP Manila for administrative support. This is especially important in following the provision of the Bayanihan To Heal as One Act (**Republic Act No. 11469**) that allows procurement of medical goods, equipment, and supplies to be allocated and distributed to public health facilities that are designated

as COVID-19 referral hospitals in the most expeditious manner through exemptions from Republic Act No. 9184 or the "Government Procurement Reform Act" and other relevant laws.

The guidelines were issued to enable the University to carry out MECQ without exposing its personnel and constituents to undue hazards and therefore will apply to all areas of the campus. PGH shall issue appropriate supplementary guidelines in line with its designation as a COVID-19 referral center and in compliance with DOH Department Memorandum No. 2020-0178 Interim Guidelines on Health Care Provider Networks during the COVID-19 Pandemic.

The first set of guidelines aims to **mitigate the risks of transmission** of the COVID-19 virus by minimizing social gatherings and minimizing risk of exposure for employees in the workplace consistent with the recommendations of the PGH Hospital Infection Control Unit. The measures include options for a Work from Home (WFH) arrangement and a combination of office work and WFH.

The second set of guidelines refers to **alternative pathways of doing business through electronic**



approval for financial, personnel and procurement transactions, and online submission of accomplishments through the daily time recording system (DTRS) of employees for validation by the respective heads of offices. Covered in the second set are guidelines on Document Submission System; Payment for Salaries, Benefits, and Suppliers; Procurement of Essential Items; Document Tracking, Use of the App Zoom for Meetings and other Collaborative Activities; and Unit-specific Measures.

The guidelines shall take effect immediately and may be amended depending on the circumstances prevailing at the local and national levels. For the complete guidelines, please visit the [UP Manila website](http://UPManila.ph).

