

MULAKAY

Asanglor...

PATULOY ang pakikipagtunggali ng UP Manila sa COVID-19. Ang PGH ay napuno ng mga pasyenteng may malubhang sakit. Patuloy din ang pagdagsa ng mga donasyon. At dahil tayo ang pangunahing tagapagsaliksik ng anumang patungkol sa kalusugan, maraming mga pag-aaral ang isinasagawa. Mahigit 50 COVID-19 *researches* mula sa ating mga espesyalista at mananaliksik ang nakasalang ngayon. Lahat tayo ay nananabik sa mga lalabas na resulta ng mga ito, lalo na galing sa *WHO Solidarity Clinical Trial* kung saan ang Pilipinas ay kalahok sa paghahanap ng mga epektibong gamot para sa malubhang COVID-19. Ang Telepresence Device na ginawa ng ating mga doktor kasama ng mga inhinyero ng UP Dilman ay ginagamit na sa Wards at ICU ng PGH. Ito ay nakakabawas sa hirap at lungkot ng mga pasyente dahil may pagkakataon silang makita at marinig ang kanilang pamilya habang sila ay nasa loob ng ospital.

Samantala, abala rin ang ibang kolehiyo. Ang *College of Public Health* ay nakikipagtulungan sa iba't-ibang ahensyang pribado at ng gobyerno, tulad ng *Department of Health, Commission on Higher Education, World Health Organization*, at ilang *Local Government Units*. Ang CPH ay tumutulong din sa pagbuo ng mga polisiya na ibinabahagi sa mga *State Universities and Colleges*. Ang *#NursesVoices* na inilunsad ng *College of Nursing* ay naging daan upang maikalat ng mga nars ang kanilang karanasan sa ospital at sa komunidad. Sa panahong ito, ang mga nars ang humaharap sa COVID-19.

Ano mang pagbabago ay may kaakibat na paghihirap. Damang-dama nating lahat ang halos pagkabaligtad ng ating mga buhay dahil sa COVID-19. Ngunit naniniwala akong may naidulot din itong kabutihan.

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CPH EFFORTS VS. COVID-19 SITUATION

IN the spirit of public service, the College of Public Health (CPH) has participated in various initiatives responding to the COVID-19 situation in the Philippines. Through its Departments of Hospital Administration and Environmental and Occupational Health, the CPH collaborated with other units in the University, the Department of Health (DOH), Commission on Higher Education (CHED) and other national agencies, World Health Organization (WHO), and local government units (LGUs). Significantly also and in keeping with its role as the SEAMEO TROPED Regional Centre for Public Health, Hospital Administration, and Environmental and Occupational Health, CPH has cooperated with counterpart Southeast Asian institutions on similar initiatives.

UP CPH is represented in policy discussions such as in the DOH COVID-19 Technical Advisory Group and the UP COVID-19 Response Team, which directly provide technical inputs that shape the decisions being made by the Inter-Agency Task Force (IATF). It has also contributed to policy statements on the COVID-19 response that is generated by the University, LGUs, civil society organizations, and coalition networks.

Setting up of community-based isolation units (CIUs) in support of the CHED and selected LGUs has also been a priority. Facilities of state universities and colleges have been made available to serve as CIUs. In support of this undertaking, CPH assisted the Commission in developing guidelines for SUCs and LGUs, consistent with DOH guidelines.

CPH currently hosts the graduate training in public health of physicians under DOH's Doctors to the Barrios Program. In solidarity with students and colleagues who are in LGUs nationwide, CPH faculty have provided support by facilitating response to their needs for personal protective equipment (PPE) and other forms of support, through linkages with DOH,

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Protocols for the setting up of community-based isolation units in state universities and colleges, such as these in Camarines Norte State College, were developed by CPH faculty in partnership with the Commission on Higher Education. (Photos courtesy of Camarines Norte State College)

Mensahe mula sa Direktor ng PGH

DR. GERARDO D. LEGASPI

30 April 2020

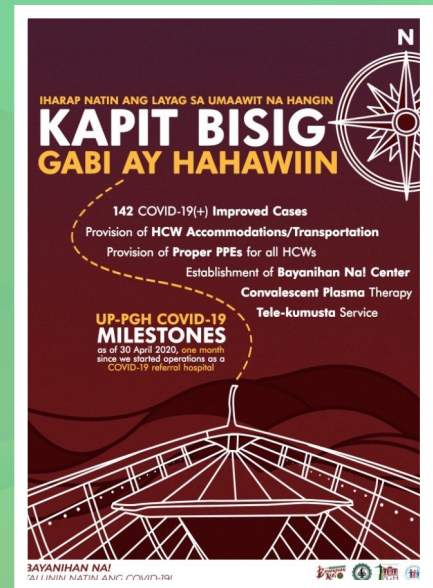
ISANG buwan na po ang lumipas nang buksan natin ang ating Covid Wards. Dalawang daan at dalawampu't tatlong (223) pasyenteng positibo sa COVID-19 ang ating naserbisuhan, at 142 na ang napaigi natin. Animnapu't isa (61) sa kanila ay nasa kanilang mga bahay na, at ang iba ay naghihintay na lamang ng negatibong swab test bago umuwi. Inaasahan din natin na sa pagbubukas ng mga Quarantine Centers ay maililipat ang marami sa mga naghihintay lamang ng resulta ng mga swab tests upang makatanggap tayo ng mga susunod pang pasyente. May mga ilan ding kritikal ang kondisyon na naisalpa na, at ating ipagdiwang ang mga tagumpay na ito.

Sa ngayon ang Team C ang nasa COVID wards at kakatapos lang ng Team B sa kanilang pangalawang tour of duty. Nakasalamuha ko sila at nakuha ang kanilang pananaw sa ating bagong responsibilidad na ito. Tulad ng ibang bagay sa buhay, ang anumang bago ay

kailangan nating pagsanayan upang mapagbuti ito sa kalaunan. Maraming pagbabago sa sistema ang galing mismo sa mungkahi ng ating mga nurse, NA, manong at doktor. Atin pong didinggin ang lahat ng ito upang higit pang mas maging ligtas ang sitwasyon para sa ating health workers at pasyente.

Nais din po naming iparating ang isang paalala mula sa HICU ukol sa pagkakahawa ng ating mga kawani. Sa huling ulat nila: sa mahigit 900 na katao na nagrerelebo sa 3 shifts sa wards, 44 na ang nagpositibo sa COVID-19. Labing anim (16) sa kanila ang direktang nagtrabaho sa COVID wards.

Para sa natitirang 28, batay sa "contact-tracing" ay malamang na sa ibang lugar nila nakuha ang sakit, pagpapatunay na dapat lagi tayong mapag-matiyag sa peligrong ito saan man tayo naroroon. Inuulit natin ang paalala ukol sa mga paraan

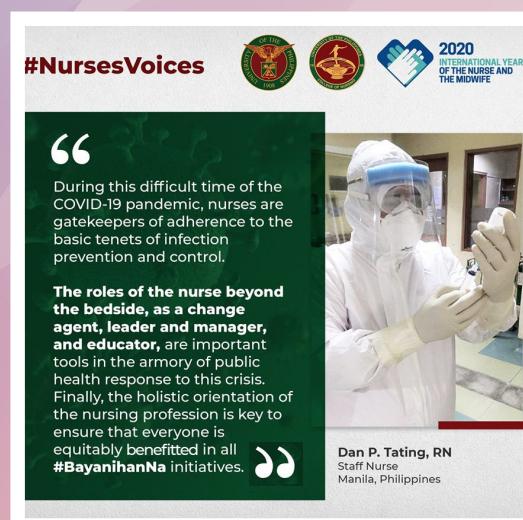


upang maiwasan ang hawahan sa bahay, dormitory, lugar ng kainan o sa opisina. Sa kabutihang palad, halos lahat naman ng empleyadong nag-positibo ay mahusay ang kalagayan. Ang kaisa-isang malubha ang kondisyon ay nakabawi na rin at malapit nang umuwi.

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UPCN responds to COVID-19

TRUE to the spirit of public service, the UP College of Nursing constituents have found ways to respond to the Covid-19 pandemic. To counter the increased spread of misinformation about the disease that has led to discrimination and social stigma, the College spearheaded the development of infographics on social stigma based on the WHO Technical Guidance. The materials aim to increase



people's awareness on the tendency to resort to stigma and discrimination given the many unknowns and provided

measures on how to avoid these and how people can contribute to mitigating its effects.

The frontliners in the response, particularly the nurses, are vital in controlling the spread and managing cases of Covid-19. The nature of their work puts them at increased risk of acquiring the disease and the need to self-isolate after hospital duty may have psychological implications. In response, the College launched the #NursesVoices in its official Facebook page for nurses to share their experiences

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The UP Manila Community under COVID-19 Pandemic

DESPITE the enhanced community quarantine in Luzon, life at UP Manila continued with the shift to alternative, creative, and innovative strategies in the conduct of teaching, research, and extension activities. Although all classes, including online and/or remote ones were suspended, learning activities in UPM did not stop. From the confines of their homes, apartments, condos, and dormitories, faculty members reached out to their peers and students, administrators to their staff and workers, and students to their classmates and teachers. Despite the anxieties, difficulties, and uncertainties experienced by various sectors due to the COVID-19 pandemic, everyone took steps to be productive and contribute to the efforts of various sectors and communities in combatting COVID-19.

Creativity, innovation, and resourcefulness became the norms that guided the behaviors of the constituents, whether in the field of teaching, research, and extension. Indeed, necessity is the mother of invention. Faculty members revised their course syllabi, shared resource materials on alternative teaching platforms, and attended teleconferences and webinars to enhance their capabilities on online teaching modalities. Some extended various forms of material, psychosocial, and spiritual support to their students, colleagues, staff, and the health sector; and even volunteering in the UP-PGH *Bayanihan Na!* COVID-19 Operations Center.

Others offered their professional and technical expertise to the Department of Health (DOH) and Commission on Higher Education (CHED).

Researchers and scientists of UPM, meanwhile, conducted studies on the different aspects of COVID-19, produced products like testing kits, gadgets, and equipment aimed at preventing the further spread of the virus and mitigating its impact on peoples and communities; and participated in actual testing and processing of test results. Students, on the other hand, assisted the frontliners, volunteered as call center agents or in organizing donations received at the Operations Center. Others have been vigilant in voicing their views and positions on some of highly questionable policies and actions taken by the government in response to the COVID-19 crisis.

It is said that crises bring out the best in us. The images, experiences, and actions we have witnessed since the onslaught of the virus



reveal that there is truth to this statement. In the midst of the inadequacies and weaknesses of individuals and agencies expected to lead and guide the way, we have remained steadfast in our struggle to defeat and overcome the virus, consistent with our moniker and image as *Iskolar ng Bayan*.

by Nymia Simbulan, DrPH

GALING KAY TSANSELOR...

Ang kalikasan ngayon ay gumiginhawa. Natatanto ng bawat isa ang kahalagahan ng pamilya at kalusugan. Dahil sa COVID-19, lalo pa tayong pinagbuklod bilang isang komunidad na nagmamahal sa kapwa at pilit pang itinataas ang antas ng serbisyo, kooperasyon, at kaalaman lalo na sa kalusugan. Ang paggawa ng kabutihan ay ikinalulugod ng Panginoon, kaya't ipagpatuloy natin ang ating mga pagsisikap!

MENSAHE MULA SA DIREKTOR NG PGH...

Nalalathala sa pahayagan at social media ang ating mga ginagawa sa PGH at marami po ang nagtatanong sa akin kung paano natin nagawa ang mga ito. Ang sagot ko po ay bunsod ito sa likas na katapatan ninyo na makapagbigay ng pinakamabuting pangangalaga sa ating mga pasyente at sa walang humpay na paghahanap ng paraan upang lalo pang mapaghusay ito.

Habang ating isinasaayos ang takbo ng mga proseso sa COVID wards, uumpisahan na rin natin ang pagtatalakay ng dahan-dahang pagbabalik ng mga iba pang serbisyo sa PGH. Mangangailangan ito ng masusing pagaaral at ng pagbabago ng mga paraan ng pag-iisip o mindset at mga nakasanayang kaugalian. Kailangan nating tanggapin na magiiba ang takbo ng mga sistema sa PGH bilang tugon sa kakaibang hamon ng COVID. Mas kinakailangan nating magkaisa.

Iisang adhikain. Iisang bangka. Patnubayan nawa tayo ng Maykapal.



MS. EUNICE ANGUS

UPM CAMP volunteer
Year 1, BS Speech Pathology

"It would be like sending you out to war," my mom said. "But your determination is what is keeping me covered," my dad said.

As a first year student, there are a lot of things that were needed to be considered before going out to fight against an enemy that you cannot see.

But we do it... we do it because we have a duty to our nation. We go where we are called.

I was blessed to be able to stay at home and be with my family. However, I always thought that I can do more. There is a need to be out there, serving. For almost two weeks, I waited and was finally able to convince the whole family.

I remember the look that my mom gave me before leaving. But, receiving the first call and hearing a good heart on the other line made me forget all the worry and fear. I truly enjoyed talking to people, sharing how they made 100 pieces of face shields for the frontliners, receiving messages of encouragement, and just being at service.

Being a witness to how amazing doctors from different fields, professors, interns, alumni, and support staff have come together to set up this center despite the risk and danger has inspired me not only as a student but as a citizen.

Thank you, UP PGH *Bayanihan Na!* Operations Center. This is an experience of a lifetime. *Tatak UP, Utak at Puso, Para sa Bayan.*

Bayanihan Na! S.I.B.O.L. convened to help fight COVID

COVID-19 is projected to require a massive inventory of medical supplies. This was the impetus for the UP College of Medicine to spearhead SIBOL (Tagalog for germination), a project which aims to use locally sourced material and technology to produce much needed surgical and medical devices. This is a joint program with UP Diliman and sponsored by Department of Science & Technology-Philippine Council for Health Research & Development (DOST-PCHRD). The S.I.B.O.L. (Surgical Innovation and Biotechnology) Team includes collaborating clinicians from UP Manila and engineers, scientists, and even artists from UP Diliman.

The SIBOL-COVID Task Force was recently convened to support the fight against the pandemic especially in the context of the Philippine General Hospital being declared a COVID Hospital. Initial landscape assessment led the Task Force to form 3 teams: Disinfection, PPE (personal protective equipment), and Telemonitoring teams.

After 2 weeks of frantic collaboration, one of the first SIBOL products deployed were Telepresence Devices. Inspired by triage booths initially set-up to screen ambulatory patients, the team led by Dr. Nats Orillaza (Orthopedics), Dr. Pros Naval (Computer Science), and Dr. Luis Sison and Dr. Roel Ocampo (Electronics & Electrical Engineering Institute) assembled devices which allowed health care workers to connect to patients remotely. This technology solution limits exposure, conserves personal protective equipment, and provides clear communication with a "friendly face".



This SIBOL COVID Telepresence Group initially set up computers programmed to automatically answer calls from authorized accounts using available teleconferencing and remote-control applications, thus minimizing contamination and allowing effortless access even by patients with no technological know-how. The units were also deployed to pediatric COVID wards, connecting anxious pediatric patients with families who are sometimes not allowed to stay with them inside the ward.

The further use of the devices in ICUS and adult wards have also been facilitated by PGH point person Dr. Homer Co. To take on this function, the Team has shifted to deploying smaller untethered devices, mounted on stands with wheels, that can be easily mobilized in these areas of high viral load.

Hardware used for initial deployment was sponsored by Xavier School class of 1975 while wooden stands were designed, manufactured, and subsidized by Projektzulu Co. The team also acknowledges the Department of Orthopedics for providing a headquarters and logistical support for this S.I.B.O.L. Telemonitoring project. **by Dr. Edward Wang**

The Extra Mile

TRANSPORTING PGH FRONTLINERS DURING THE COVID-19 LOCKDOWN



THE transportation shutdown that started on March 16 affected PGH employees, stranding many in PGH or in their homes. To prevent contagion within the hospital and ensure that health workers could reach the frontlines well-rested and protected, PGH deployed a range of transportation options.

By March 20, PGH started its **Beep** modern jeepney services with five routes servicing all shifting hours (8 trips daily), growing to 8 routes reaching up to Sta. Maria, Bulacan and Dasmariñas and Paliparan in Cavite.

Some bus lines of the Department of Transportation were added or modified in coordination with PGH. The local government of Cavite operated one bus line along Aguinaldo Highway while the Rotary Club of Makati West facilitated the donation and 24/7 operation of **PGH 'Route 9'** by Francisco Motors Corporation. The Department of Environment and Natural Resources provided occasional long-distance trips for employees from Batangas while GMA News and Public Affairs lent two modern jeeps targeting three major shift-changing days. The administration is now shifting some routes to use dedicated vans, buses, drivers, and fuel sourced from the generosity of the DOTr, Durabuilt Motors Inc., Francisco Motors, and individual sponsors.



For destination and schedule flexibility, PGH augmented its ambulance and engineering transports with four Toyota vehicles lent and fueled by Toyota Motors Philippines Corp. Coordinators from various hospital units and the free accommodations use an online 000request system to arrange flexibly with the volunteer drivers.

Like the Spanish flu pandemic of 1918, COVID-19 has spotlighted the value of cycling. The **PGH Bike Program** created on March 26 aimed to decongest shared modes of transport and ease access to free accommodations around PGH. An express lane to some bikes is open for low-income workers. The Program has tuned and lent 156 bicycles, and will surpass 200 by April 30*. Electric Kick Scooters Philippines lent 9 scooters that were considered a strategic choice given the hospital's 10-hectare land area.

***THANK YOU TO THE DONORS AND OUR PARTNERS INCLUDING LIFE CYCLES PH, LEND A BIKE PROJECT, UP BIKE SHARE, DR. TONY DANS, THE PGH CHAPLAINCY (SOCIETY OF JESUS), DR. GEOFF MANZON, AND DONORS OF INDIVIDUAL BIKES.**

by Dr. Jose Rafael A. Marfori

UPCN RESPONDS TO COVID-19...

and contributions in the response to steer public attention and discussion towards increased investment in the health sector, in general, and in nursing, in particular. The #NursesVoices campaign has featured nurses working in the hospital and in public health settings.

Finally, the College has produced over the years thousands of nurses who are now in the frontlines in the Philippines and worldwide. These alumni have dedicated themselves to provide safe and quality care to patients notwithstanding the inherent risks in their line of work. Other alumni and some students serve as volunteers at the PGH *Bayanihan Na!* Operations Center.

by Peter James Abad

CPH EFFORTS VS. COVID-19 SITUATION...

other national agencies, the private sector, and other units of the University, especially UP Cebu. Working closely with the WHO Philippine Office and the DOH Epidemiology Bureau, CPH's technical assistance in the field of epidemiology is contributing to strengthen the DOH's surveillance and data analytics.

Moreover, CPH co-convened the Public Health Communications Advocacy Network, which closely collaborates with DOH health promotion efforts. Its Information Committee also amplifies key messages issued by the DOH and WHO. CPH faculty have also partnered with professional societies as resource persons in webinars and mass media.

These efforts are carried out alongside other initiatives within the University, including participation in the *Bayanihan Na!* Operations Center of the Philippine General Hospital. Finally, it also collaborates with counterpart Southeast Asian institutions in keeping with its role as a SEAMEO TROPED Regional Centre.

by CPH Dean's Management Team

Solidarity clinical trials for COVID-19 treatments

THE COVID-19 pandemic has the world's medical minds ardently pursuing a cure for this virus. So far, no clear effective treatment has emerged. Because of this, the World Health Organization (WHO) is embarking on a worldwide Solidarity Trial. This is an international randomized clinical trial with an adaptive design which aims to estimate the effectiveness of four possible therapies in treating COVID-19. Based on initial evidence gathered so far, these are the four treatment options that will be tried: the antiviral Remdesivir which was previously tested for Ebola treatment; antimalarial drugs Chloroquine or Hydroxychloroquine, which have shown some benefits in small studies in China and France; antiretroviral drugs Lopinavir/Ritonavir, this combination has shown some inconclusive results in small studies among COVID patients; and Interferon beta-1a, a multiple sclerosis treatment. Patients will be randomized to either the country's local standard of care or the local standard of care plus one of the four re-purposed drugs above.

More than 100 countries are participating in the Solidarity Trial and the Philippines' inclusion has been announced by the Department of Health on April 22, 2020. This was after the Single Joint Research Ethics Board (SJREB) gave its approval last April 17, in support of the COVID-19 global response. This will enable the country to gain access to some of the unavailable therapies for COVID-19 patients.

The Philippine representatives to the WHO Solidarity clinical trial is led by Dr Marissa Alejandria of the University of the Philippines College of Medicine and President of the Philippine Society for Microbiology and Infectious Diseases. She is closely collaborating with the DOH and the WHO, co-sponsors of the study. Undersecretary Maria Rosario Vergeire serves as the Department's official liaison for the DOH. Funding for trial operations is provided by DOST-PCHRD.

There are currently 24 hospitals across the country that are participating in the trial. These include 15 private hospitals: Asian Hospital Medical Center, Cardinal Santos Medical Center, Chinese General Hospital, Diliman Doctors Hospital, Fe del Mundo Medical Center, Makati Medical Center, Manila Doctors Hospital, Manila Medical Center, San Juan de Dios Medical Center, St. Luke's Medical Center Global, St. Luke's Medical Center Quezon City, The Medical City, University of the East Ramon Magsaysay Medical Center, University of Santo Tomas Hospital, World Citi Medical Center, and 9 government hospitals: UP-Philippine General Hospital, Lung Center of the Philippines, San Lazaro



Hospital, Research Institute for Tropical Medicine, East Avenue Medical Center, Baguio General Hospital, Batangas Medical Center, Vicente Sotto Medical Center and Southern Philippines Medical Center.

The country started recruiting patients last April 23. As of May 2, the Philippines has enrolled 33 patients from 8 hospitals. We encourage our clinicians to enroll their patients into the Solidarity trial. The more patients we enroll the faster we can find the answer to the question on which treatment interventions are effective or not. **by Dr. Marissa Alejandria**

UP-PGH SHUTTLE SERVICE

Released 01 MAY 2020 (2pm)



All known COVID-19-related frontliner shuttle services, compiled by the **Department of Transportation**, in cooperation with **Sakay.ph** are here:

<https://explore.sakay.ph/covid19>