

## MULA KAY

## Chancellor...

Mahinahon ang kapaligiran ng UP Manila dahil sa masusing paghahandang ginagawa ng bawat sektor ng ating komunidad laban sa COVID-19. Nariyan ang “Panatag na Kanlungan” kung saan may matiwasay at ligtas na tutulugan ang ating mga *frontliners*. Makapagpapahinga sila rito, hindi mahihirapang magbiyahe, at hindi mag-aalala na maiwi ang virus sa kanilang mga mahal sa buhay.

Patuloy pa rin ang pagtuklas ng pamamaraan upang maeksamen ang mga pasyenteng may COVID-19 na hindi mahahawa ang mga *healthcare workers*. Residente ng Pediatrics at kanyang mga kasamahan ang tinutulungan ngayon ng SIBOL upang makagawa ng E-Steth device.

Pinaghahandaan rin ang nalalapit na pagdating ng mga bagong *Interns* sa PGH. Ang kanilang programa ay ibang-iba sa dati ngunit pinagbubuti ito upang sila ay matapos bilang mga “5 star physicians”. Malaking tulong sa ating lahat ang mga pagbabagong ginagawa ng University Library. Maraming babasahin ang madali ng makuha *online* dahil sa kanilang pagpupunyagi.

Makikita rin sa *Dashboard* ang karagdagang mga pag-aaral na isinasagawa ng UP Manila. Lahat ng kaalaman upang mapuksa ang COVID-19 ay lilikumin.

Lahat ng aspeto ay pinagtutuunan ng pansin upang ang komunidad ay maging malusog. Isa na rito ang pangangailangang mag-ehersisyo. Ang *Let's get PTkal* ng CAMP ay isang kaaya-ayang programa na sasagot dito. Isa pang aspeto na dapat tukuyin ay ang emosyonal na kalagayan ng mga batang mag-aaral natin. May isang paraan na iminumungkahi si Dr. Ronque—*An Attitude of Gratitude* para sa kanila at sa ating lahat na rin.

Mahirap na kalaban ang COVID-19 ngunit kung tayo ay sama-sama, tulong-tulong, at nagkakaisa sa adhikaing talunin ito; bibigyan tayo ng lakas at mapanatag na loob ng Panginoon upang magwagi!



## Panatag na Kanlungan for PGH Frontliners

*What if I bring home the virus? How will I go to work when transportation is limited?*

These are just a few of the questions that bothered the more than 2000 healthcare workers (HCWs) and personnel charged with fighting the invisible enemy in the hallowed halls of UP Manila National Institutes of Health and PGH. The PGH dormitories and lodging facilities offered by generous donors were just not enough. From the 12th to the 30th of March 2020, almost all HCWs who could not go home regularly were accommodated in hotels around PGH. The owners donated the free use of their hotels to the PGH HCWs.

When the transfer of the UP Manila Central Administration offices to the UP Manila Student Dormitory was completed, 124 beds were immediately allocated for the use of NIH personnel and PGH administrative personnel. The roll-up window blinds donated by the Showcase Carpet Center added a homey touch to these dormitory rooms.

The equally important security guards and Philcare workers however, slept in their respective areas of assignments in makeshift quarters using

the first batch of mattresses donated by the Rotary Club of Makati through the initiative of Dr. Hazel P. Zuellig. Witnessing these difficulties faced by the community, Dr. Rodney Dofitas and Dr. Apple Valparaiso sought permission from the Office of the UP Manila Chancellor to allow security guards to use the College of Dentistry's Auditorium as their sleeping quarters. With the strict health safety measures in place, Chancellor Carmencita D. Padilla and Dean Danilo Magtanong approved the request.

On April 2, 2020, the US Ambassador to the Philippines Sung Kim personally donated 150 sleeping cots to UP-PGH *Bayanihan Na!* Operations Center for the use of our HCWs. Seeing the benefits of a systematic manner of providing in-campus lodging for our HCWs, all the deans in close coordination with the group of Dr. Dofitas and kind-hearted members of the UP Manila alumni, generously supported the program to convert their colleges into temporary lodging facilities which is now known as *Panatag na Kanlungan*, a safe haven in UP Manila for PGH frontliners. With all safety precautions and

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## Webinar on Telegenetics Cancer Counseling held

Last 15 June 2020, the National Institutes of Health Institute of Human Genetics held a webinar entitled

**"Telegenetics Cancer Counseling: Value in Oncology Practice."**

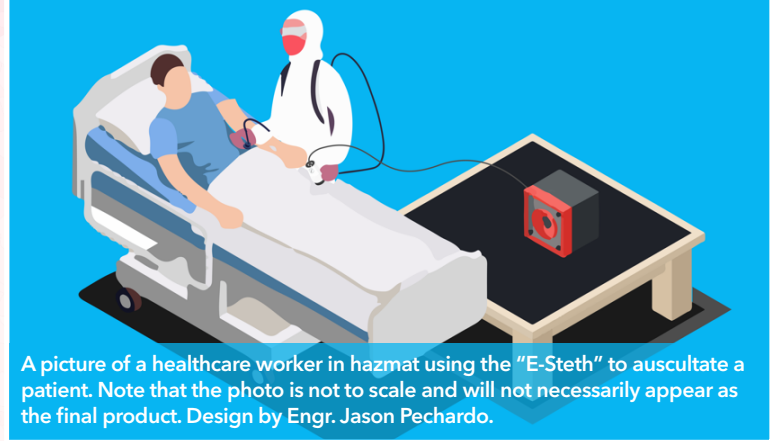
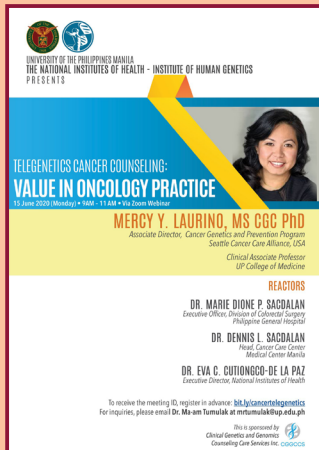
The main speaker was Dr. Mercy Laurino, Clinical Assistant Professor at the UP College of Medicine and a certified genetic counselor from Seattle, Washington, USA. A distinguished panel of experts composed of Dr. Marie Dione Sacdalan (colorectal surgeon), Dr. Dennis I. Sacdalan (medical oncologist), and Dr. Eva Maria Cutiongco-De la Paz (clinical geneticist) gave their insights on the value of cancer genetic counseling.

As COVID-19 sweeps across the nation, alternative modes of delivering health care services are being developed and one such service that can be delivered through telehealth is genetic counseling.

This webinar is important because cancer remains to be a leading cause of mortality in the Philippines. While majority of cancer cases are sporadic in nature, there is a subset of cases that is familial and inherited. Oncology physicians, nurses, and other health care providers have the essential role to identify red flags in patients that could indicate heritable cancer. Identifying these cases will provide patients and their families an opportunity to seek genetic counseling, receive targeted therapies, and engage in earlier screening and surveillance along with other interventions that would lead to better outcomes.

There were 133 attendees, mostly physicians, nurses, and other health workers with a few lay persons. A variety of topics were discussed such as the importance of genetic risk assessment as a component in cancer care; how to identify red flags in the family health history

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A picture of a healthcare worker in hazmat using the "E-Steth" to auscultate a patient. Note that the photo is not to scale and will not necessarily appear as the final product. Design by Engr. Jason Pechardo.

## The E-Steth Project

Six weeks into the SIBOL-COVID-19 projects, a resident in Pediatrics called me excitedly describing a bright idea she had to address the problem of stethoscope use while wearing thick PPEs. She had obviously been trying to find a solution because she was familiar with different products available in the market that could convert acoustic sound waves into electrical signals. A few days later, PGH Director Gap Legaspi texted to ask if SIBOL could make electronic stethoscopes. The E-Steth is an exciting project initiated by Dr. Mikki Miranda, a 3rd year Pediatric Resident with her team of classmates and consultant friends who were linked with UP Diliman engineers Charleston Ambatali and Jason Pechardo by SIBOL. - Dr. E. Wang, SIBOL Lead

In the COVID-19 wards of the Philippine General Hospital, healthcare workers (HCWs) wear hazmat suits as part of their Physical Protective Equipment (PPE) for maximum protection against the viral infection. However, because of these bodily coverings, doctors have to forgo the use of the usual stethoscope as their "go-to" diagnostic tool to listen to their patients' lung or heart sounds.

Auscultation using a stethoscope is an essential component of the physical examination especially of a very sick patient. Listening to the lungs to diagnose pneumonia is critical among COVID-19 patients. If not diagnosed

appropriately, this may lead to significant morbidity and mortality. Usually, when using an acoustic stethoscope, the diaphragm or bell end of the device should be in direct contact with the patient's skin while the earpiece is inserted in the HCWs' ears. In this process, the HCWs must compromise the integrity of their hazmat suit in order to use the acoustic stethoscope. To strictly adhere to the recommendations of the PGH Hospital Infection Control Unit for the safety of the HCWs, viable alternative auscultation approaches must be utilized. However, a single, high-end electronic stethoscope unit currently available in the market costs at least PhP40 to 50 thousand. Their proprietary designs also prevent local mass production.

To solve this problem, our group is working on the "E-Steth", a home-grown low-cost acoustic-electronic hybrid stethoscope that costs less while maintaining the same effectiveness of an on-the-market electronic stethoscope. This would address the performance of auscultation without compromising the protection provided by the PPEs of the HCWs. Using proper validation methods, the device may be generalized to other disease targets and clinical diagnostic tasks that rely on auscultation. Our goal is to provide our medical frontliners with a low-cost, alternative tool that can adapt to these changing times.

**Dr. Michelle Cristine B. Miranda**



## COVID-19 and the PGH Internship Program

With the advent of the COVID-19 pandemic restricting mass gatherings, the Philippine General Hospital (PGH) Office of the Deputy Director for Health Operations led by the indefatigable Dr. Juliet Sio-Aguilar and PGH Training Coordinator Dr. Stella Marie L. Jose, conducted a general orientation on 22 June 2020 through a webinar platform for both the incoming UP College of Medicine (UPCM) and postgraduate interns. Postgraduate interns are graduates from other medical schools who were accepted to the PGH internship program based on a set of stringent criteria. Inspirational messages were delivered by UP Manila Chancellor Carmencita Padilla, UPCM Dean Charlotte Chiong, and PGH Director Gerardo Legaspi.

This webinar, the first online orientation for interns ever conducted in UP Manila, was of vital importance to the 329 medical interns as the relevance of

internship training in PGH during these unprecedented COVID-19 times was explained. In compliance with the directives of the Commission on Higher Education and the Association of Philippine Medical Colleges Foundation, face-to-face interactions in the wards, the emergency room, the outpatient clinics, and the community will not be allowed during the general quarantine period to minimize the risk of acquiring COVID-19.

The Learning Unit 7 Academic Committee headed by Dr. Allan Dionisio, UPCM Associate Dean for Academic Development Dr. Coralie Dimacali, and Dr. Stella Marie Jose crafted the revised internship program in response to these limitations. As no patient encounters will be possible for the first two months of internship which will commence on July 1, 2020, the major learning strategy will be an intensive review course on the various subjects under the clinical departments. These short

courses will augment the cognitive knowledge of the interns and arm them for their clinical rotations when actual interactions with patients will be permitted.

While many challenges await both the trainees and trainors in the coming months, the UPCM and the PGH shall provide the learning platforms for the interns to achieve the most in their final clinical year of training. As there is no substitute for learning hands-on, the faculty and medical consultants shall tirelessly innovate to equip the interns with the necessary skills and attitudes of a five-star physician. Once the quarantine restrictions are lifted, the interns shall be closely supervised in their clinical rotations in the non-COVID wards, the outpatient clinics, and the community. Indeed, crisis like this brings about opportunity to transcend the limits. UPCM and PGH shall continue to provide the environment needed for these interns to become the complete physicians.

**Stella Marie L. Jose, MD, MHPed**

### UP Manila Research Dashboard

Provides real-time data on COVID-19-related research in the university

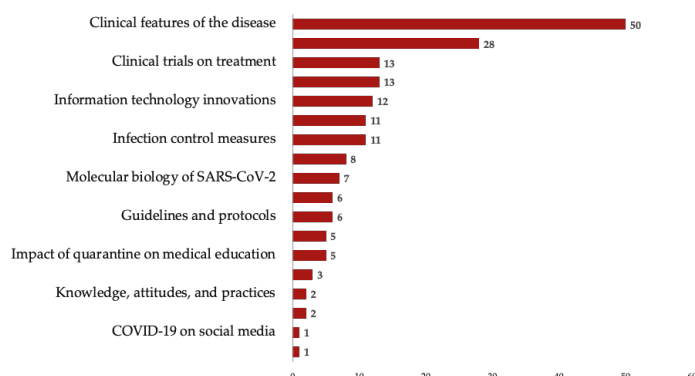
# 198

Number of COVID-related researches as of June 26, 2020

## PhP 221, 801,998.99

Estimated total amount of COVID-19 research budget

Data as of 26 June 2020



### PANATAG NA KANLUNGAN FOR PGH FRONTLINERS...

contingency plans in place, Chancellor Padilla assured the UP Manila community that working areas in their colleges-turned-housing-facilities would remain safe.

Today, the *Panatag na Kanlungan* has provided housing for as many as 420 PGH HCWs in the different buildings of UP Manila. The UP Manila alumni, Pi Sigma Delta, TOYM Foundation, PGH Chaplaincy, Tzu Chi Foundation, and PGH Housing team headed by Dr. Apple Valparaiso went the extra mile to provide linens, pillows, towels, laundry services, hygiene kits, water, and food. A steady supply of disinfectant and cleaning materials from various donors is being provided by the *Bayanihan Na!* Operations Center through Dr. Anthony Perez. Soon, the HCWs will begin enjoying warm showers in strategic areas when prefabricated stalls will be installed by donors in coordination with Dr. Hermogenes Monroy III.

## University Library offers "Service from a Distance"

Addressing the needs of the UP Manila academic community when offices and schools are locked down because of the COVID-19 pandemic has been and still is a challenge to the University Library. To respond to this, the Library optimized its online services to the fullest extent possible by helping remote library users which include the faculty, students, staff, and medical practitioners with their library needs across various platforms, such as the [University Library website](#), [Facebook page](#), and [library email](#).

The services that are being channeled through these platforms are:

**Current Awareness** - keeps the community well-informed and up-to-date through the new resources and services offered by the library.

**Document Delivery** - constituents

can request for full-text articles and book chapters that are not available in the Library.

**Reference and Information Service** - a direct and personal assistance given to users in meeting their information needs.

As part of our social responsibility, we created a dedicated [COVID-19 page](#) in our website that offers updated electronic resources. It offers both local and international researches. This initiative has been noticed by some organizations across the globe such that the possibility of integrating their resources into this page is being explored. These are the content providers that gave us free trials of their available resources which can be used during this period: EBSCO, CE-Logic, LibTech, JoVE, and IGI Global.

The University Library also cares



for our frontliners. To boost their morale and let them feel that they are not alone in this fight, an online poster showing some staff with a message expressing gratitude for their contributions in fighting this pandemic was made. Help was also extended to PhilCare employees in the form of funds for their basic needs. Additionally, the Library extended its support to the UP-PGH *Bayanihan Na!* Operations Center by lending three iMac computers for its use. **Alfred E. Dalmacio**

*"How do I cope in times of hardship?"*  
*"What can I do when faced with a difficult situation or challenging task?"*  
*"Is there a way to get past my disheartening and disappointing experiences?"*

We find ourselves asking these questions at some point as we go about our lives in general; and most certainly at this time as we go through our education and training as medical professionals.

### Mentoring in a Time of Quarantine

In our desire to fulfill our commitment to mentor our medical students during this time of the COVID-19 pandemic, Dr. Carmencita Padilla and I gladly managed to keep in touch and conduct regular online group mentoring sessions with our ten LU4 mentees whose classes have moved from campus into their individual homes since the start of the quarantine. As they continued with their medical studies which also shifted into a new blended learning approach, it became apparent that they felt some form of stress brought about by the change.

We discovered that our students found some respite from their schoolwork and feeling of isolation, and they were in fact looking forward to our virtual mentoring sessions which have been taking place every other weekend. For sure, both

mentors and mentees benefitted from the sharing of experiences and insights as we carried on towards this new normal.

### Make a List

In preparation for one of our sessions, I gave our mentees an assignment – before they slept each night, I asked them to list down 5-10 things that happened during the day that they were grateful for. They sent me their daily 'grateful list' in a private message and during our virtual mentoring session, they shared their list with the group.

Thankfully, the students took the exercise seriously and we were happy to listen to each other's little and big things that we were grateful for. There were some common themes such as gratitude for family and friends, for good health, and for life's basic necessities like having food

every day and comfortable homes to live in. We also listened to how unique situations brought us joy such as being able to go out and bask in the sun, watching a nice K-drama series, or spending time and caring for family members. It was good to know that because of this daily exercise of developing an attitude of gratitude, we became more aware of the good things happening in our lives.

### Reframing

As a way to synthesize the many wonderful insights shared during that mentoring session, I echoed to our group a quote from Bro. Bo Sanchez – "Remove your eyeglasses of worry and wear your eyeglasses of gratitude". When we change the way we look at uncertain and even difficult circumstances and instead focus on what we can be grateful for in any situation, then we find ourselves experiencing more joy and contentment in our lives.

To cope with hardship and disappointment, why not try practicing an attitude of gratitude and reframe our outlook about life's challenges? Until we can constantly appreciate what we have, there will never be room for more opportunities that bring us happiness.

**Dr. Peter Paul T. Ronque**





## Nourishing bodies and hearts: Let's hear it from the food donors (Part 2)

We at Rise Against Hunger Philippines think of healthcare workers (HCWs) as our last line of defense, not just for COVID-19 but also for other health problems we are facing. If our HCWs fall, then this can lead to the collapse of the entire health system. We have been providing food donations to 31 public health facilities like PGH because we believe that they are the most in need of our support.

We feel blest that in our own way we are able to alleviate the difficulties faced by our HCWs. By providing them with some of the essentials that they need, then they do not have to spend so much time lining up in groceries to buy stuff. What very little extra time they have can be better spent with their loved ones, or maybe just to rest and recover.

Jomar Fleras  
Rise Against Hunger  
Philippines



My boss instructed me to send ice cream to PGH frontliners. The thank you message and photos showing them smiling beneath their masks touched my heart and I wanted to send more ice cream to PGH but this time, as a personal initiative.

I love ice cream with all my heart. When I feel down, it's a sure way of putting a smile on my face. I started this project to bring cheer to PGH frontliners and asked my friends to donate so I can send more ice cream. The help I got was overwhelming, but it was nothing compared to all the sacrifices PGH and its workforce have made the entire pandemic. Thankfully, I collected enough funds to send enough ice cream to PGH twice.

The ice cream project took place during my birthday month and I couldn't be happier. I really didn't know how to stay positive in this pandemic but I will be forever grateful to PGH for being a constant reminder of hope in this trying time—all your bravery will always be an inspiration to me and each one of us who's having a hard time in finding a silver lining at this moment.

Ms. Mikaela Ayeera Quisido  
Magnolia Ice Cream  
SMC Infrastructure



When the whole ECQ happened, Hayden and I said we have to help; and we released about 3 million pesos worth of PPEs to hospitals. Of course, PGH is one of the hospitals in our list because it's a public hospital and we know a lot of people go there first. And then I thought, what else could we do? Since we're both doctors, we know that one of the things hardest to get was food while we were on duty.

And it was extremely hard because everything was closed. We thought, how can you function if you don't have fuel? Hayden decided we would provide 1000 meals a day. We partnered with Cloud Eats which gave us a reasonable price. Angkas delivered the food for free so it was really a collaboration between Angkas and Belo. We did this for 45 days and we served over 45,000 meals.

I think the whole point is not to feel hopeless or to feel like "Oh my God, the world is ending". We did it because we're Christians. We feel that the food didn't come from us, it's really from God's grace. So *parang*, "What do you want us to do, Lord?" I think it helped with our positivity. Even Scarlet was very involved. We tried to teach her social responsibility—caring for other people and caring for the frontliners. It is really true that when you give, you receive. And I feel like that's one of the reasons why we didn't get so depressed during the quarantine because we were trying to figure out how we could help.

Dr. Vicki Belo  
Belo Medical Group



### OTHER DONORS:



### EDITORIAL BOX

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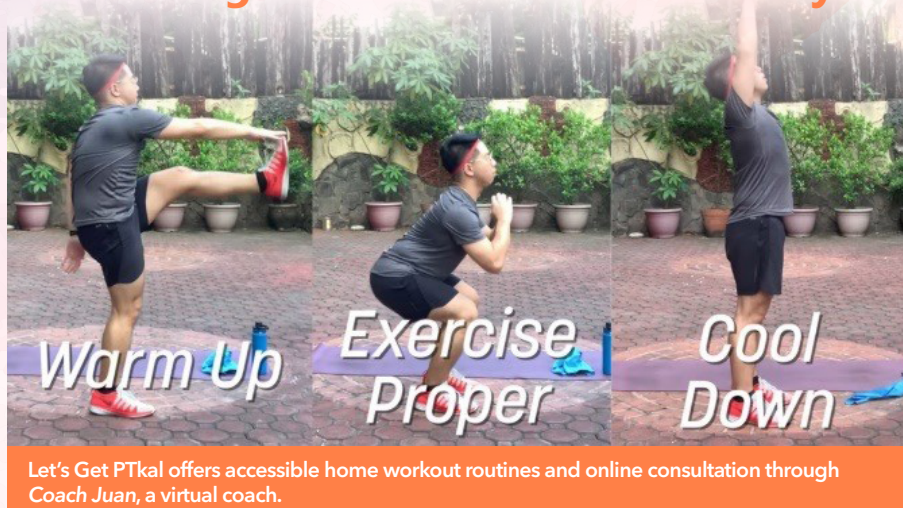
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## Let's Get PTkal: Working out from home made easy



The College of Allied Medical Professions (CAMP) Department of Physical Therapy launched *Let's Get PTkal* last June 22, 2020 as part of the college's Project CAMPana. Aligned with public health efforts to promote physical activity and well-being during the COVID-19 pandemic, the project aims to increase the physical activity engagement of university constituents and the general public. Maintaining an active lifestyle has been shown to help boost the immune system and improve mental health.

Previous CAMPana projects focused on the health benefits of physical activity in various populations. *Let's Get PTkal* brings this advocacy further by focusing on the how-to of exercise, especially for beginners at home. This collaborative project between physical therapy faculty and interns features easy-to-follow home workout videos for varying levels of physical activity. A virtual coach, by the name of *Coach Juan*, is also available for consultation, follow up, and monitoring of clients for the duration of the program via a Facebook page.

*Let's Get PTkal* aims to build up its audience's quarantine gains to reach the World Health Organization's physical activity recommendations and consists of strengthening and aerobic exercises. Participants are gradually introduced to exercise, starting from the basics to more challenging ones. The first week is focused on executing movement patterns correctly and being

oriented as to how the exercise should feel. Once these are learned, succeeding weeks will shift focus to facilitating meeting the minimum recommendations and fostering a general positive attitude toward physical activity.

The program does not end with the posting of videos and infographics on how to exercise. *Coach Juan* can be a virtual personal coach who can best tailor-fit the exercises in a given program. This virtual coach can also give clarifications on how to do the exercises correctly; or even just simply reassure the participants that they are doing a great job! The program includes these motivational components along with a Spotify playlist. There is also social media sharing through the hashtags #MassGainingNow and #LetsGetPTkal.

The pilot video of *Let's Get PTkal* has so far garnered more than 100 likes and shares on Facebook and about 1,400 views on YouTube. Meanwhile, Coach Juan's page is gaining more reach at 200 subscribers and counting. Attuned to the university's mission to lead in public service especially during these challenging times, the program is committed to contribute to improved health through accessible home workout routines and online consultation for university constituents and the general public.

Jeffrey Ralph Lucas, Carlos Dominic Olegario, and Mary-Grace Kang

Released 27-June-2020 (9:00pm)

# BAYANIHAN NA!

TALUNIN NATIN ANG COVID-19!

## APPEAL TO COVID-19 SURVIVORS

Hospitals in the Visayas are in URGENT need of convalescent plasma donors! A portion of our donations will be forwarded to help in the fight against COVID-19 in Cebu!

Bayanihan Hotline 155-200  
Blood Bank Phone 09474882817  
Para sa ibang detalye <http://tinyurl.com/UPPGH-BDC>

Basta't kasama mo ako, **iisang bangka tay**  
Anuman ang mithiin ay makakamtan natin!

### WEBINAR ON TElegenetics CANCER COUNSELING HELD...

that would warrant further genetic risk assessment; how genetic risk assessment can be integrated in clinical practice, and different innovative strategies on how to provide genetic risk assessment and genetic counseling services given the current pandemic situation.

The webinar was sponsored by the Clinical Genetics and Genomics Counseling Care Services Inc., a group of medical geneticists and genetic counselors in the Philippines. The group was formed to support individuals and families in navigating the complexities of genetic and genomic testing methodologies and to translate relevant genetic information necessary for their care. For further information about their services, please feel free to visit their website: [cggccs.com](http://cggccs.com) or send an email to: [info@cggccs.com](mailto:info@cggccs.com).

The next webinar in this series on the topic of Hereditary Breast and Ovarian Cancer Syndrome will be held on 20 July 2020.

Dr. Ma-Am Joy Tumalak and  
Peter James Abad