

MESSAGE FROM THE Chancellor

A fourth campus for UP Manila School of Health Sciences rises in Tarlac to add to its existing campuses in Leyte, Mindanao, and Quezon provinces. The school’s maverick ladder-type curriculum for diplomas in midwifery, nursing, and medicine is envisioned to benefit Tarlac and nearby provinces in Luzon as its graduates will be serving in the geographically isolated and depressed areas in these provinces. This endeavor is very much aligned with UP Manila’s unique and distinctive leadership role in *responsive and relevant* higher education and development and highlights the great impact we will have on the health situation in this region by partnering and cooperating with local government.

Looking back this time, we join the UP College of Nursing as they celebrate their 73rd founding anniversary with a webinar, “Re-envisioning Philippine Nursing Towards Responsive Health Systems.” The COVID pandemic has again emphasized the crucial role of nurses in any and all forms and types of health crises, and this necessitates the revisiting of the nursing profession. More than seven decades of exemplary performance by the college augurs well for success in their quest.

On another front, our community is honored to have no less than the Vice President Maria Leonor Robredo as speaker during the Opening Ceremony of the Women’s Month celebration with the theme, “*Juana Laban Sa Pandemya: Kaya!*” She inspired and exuded strength during this time of the pandemic and is much admired for her Angat Buhay Project.

One of UP Manila’s programs in battling this crisis is through dissemination of important information via the *TVUP Stop COVID Deaths Webinar* series. Episode #47 dealt with health systems capacity strengthening for a stronger response to COVID-19 and also looked at scenarios in the next 12 months of the pandemic. Meanwhile, the College of Public Health received a one-year grant from the Global Network for Academic Public Health to counter misinformation and disinformation regarding COVID-19 vaccination as one of its project’s goals.

More than a year into this contagion, our university has settled into a rhythm—scientific and research activities are actively pursued to combat the virus, learning initiatives continue to uphold high level of education, service to constituents and society is always on the agenda, and all other aspects like gender equality are given importance.

We thank the Lord for blessing our family with brilliant minds, robust bodies, and compassionate hearts as we persevere in our unified journey towards a healthy alternative normal.



UP Manila SHS Tarlac to open Aug 2021

The UP Manila School of Health Sciences (SHS) Extension Campus in Tarlac will officially open its doors to its inaugural intake of midwifery students this August 2021, following the signing of the Memorandum of Agreement (MOA) between UP and the Provincial Government of Tarlac last April 23, 2021.

The SHS is one of the nine degree-granting units of UP Manila that implements a unique ladder-type curriculum comprised of the Diploma in Midwifery, BS Nursing, and Doctor of Medicine. The school’s innovative community-based curriculum integrates the training of the midwife, nurse, and doctor into a single, sequential, and continuous program.

The MOA signing served as the culmination of three years of negotiations between UP and the Province of Tarlac that started in July 2018. **UP President Danilo L. Concepcion** and **Tarlac Governor Susan A. Yap** signed the MOA on behalf of their respective institutions. **UP Manila Chancellor Dr. Carmencita D. Padilla** and **Tarlac Vice Governor Carlito S. David** served as witnesses.

In his message, President Concepcion provided a historical perspective to the establishment of the SHS Tarlac extension campus. He related that the school was established in 1976 amid the health workforce maldistribution and “brain drain” phenomenon. He related this to the school’s “emphasis on return service [that] ensures the availability of health workers especially in underserved areas.”

Pres. Concepcion also recognized that SHS’s “progressive integrated stepladder curriculum has served as a model of transformative health education and community-based health [professions] training around the world” and that today, SHS “continues to fulfill its mandate to produce competent and socially conscious health professionals at various levels of the Philippine health care system.” A study in 2015 showed that 85-90% of SHS graduates stayed in the country and served at various levels of the health care system.

On the other hand, Chancellor Padilla focused on SHS’s unique features such as its stepladder

TURN TO PAGE 5

WATCH THE
LIVESTREAM AT
www.tvup.ph

COVID-19 IN THE PHILIPPINES: WHAT ARE THE SCENARIOS FOR THE NEXT 12 MONTHS?

PRESENTER: DR. JOHN Q. WONG
Co-Founder and Senior Technical Advisor, EpiMetrics, Inc.

WEBINAR #47



HOSTED BY:



DR. SUSAN PINEDA MERCADO
ADJUNCT FACULTY
UP MANILA-NATIONAL TELEHEALTH CENTER



DR. RAYMOND FRANCIS SARMIENTO
DIRECTOR
UP-NHI NATIONAL TELEHEALTH CENTER



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UP Philippine General Hospital



REACTOR
DR. AILEEN WANG
Professor, UP College of Medicine
UP Philippine General Hospital



TVUP

IMAGE SOURCE: <https://endcov.ph>

APRIL 9, 2021 | FRIDAY | 12NN-2PM

#stopcoviddeaths

Health systems capacity strengthening urged for stronger response to COVID-19

The Philippines could have saved up to 3.6 percentage points in lost Gross Domestic Product forecasted in 2020 equivalent to about P700 billion if we had listened to our own experts, that we had to be better prepared for emerging outbreaks.

This was the assertion of economist and UP professor Toby Melissa C. Monsod at the [Stop COVID Deaths Webinar #47](#) that looked into the scenarios in the next 12 months of the COVID-19 pandemic.

Monsod cited the evidence found in studies that the traditional channels of government spending to increase output and stabilize the economy were overshadowed by the importance of having specific core capacities precisely to detect and decisively respond to this pandemic.

"If COVID-19 is not well contained [first], then government spending aimed at other things may not matter for economic recovery and could even make things worse. The implication is clear: health system capacity must be prioritized over and above other types of spending, including the 'Build, build, build' project," she stated.

Monsod decried that the 2021 budget does not quite reflect this necessity. "The 2021 budget decreases the budget of DOH and other related items by about 25% and increases allocations to the Department of Public Works and Highways for infrastructure spending."

She lamented that the country is back to the relief stage without a recovery budget, much less relief budget which is the challenge today. "We need to convince officials and stakeholders who are concerned for the economy and for economic recovery to focus on capacitating public health systems so that we can get out of this hole."

According to Monsod, this is a big task because the government is not accustomed to thinking that way. It would help to identify more precisely what capacities to invest in as a matter of priority, in what sequence and where at what level of the public health system - national, provincial, city, or municipal.

Monsod explained that a one-size-fits-all solution does not make sense given budget and time constraints. "Clearly, the crisis has proceeded at different speeds and intensities across the archipelago and so it may not make economic sense for all regions or cities to invest in the same capacities at the same time, in the same sequence everywhere," she intoned.

She expressed frustration at how the government wasted the country's strong economic fundamentals at the onset of the COVID crisis. Monsod countered the blame put by our economic managers on the strict lockdown because "the lockdown precisely suspended economic activity, restricted mobility of people in order to hold the pandemic at bay and buy time for the health system to organize itself."

Rather than blame the lockdown which she said was the longest and most stringent in the ASEAN Plus 3 region, she asserted that "the different capacities to detect and respond to the COVID-19 outbreak accounted significantly for the different economic outcomes among countries in the region."

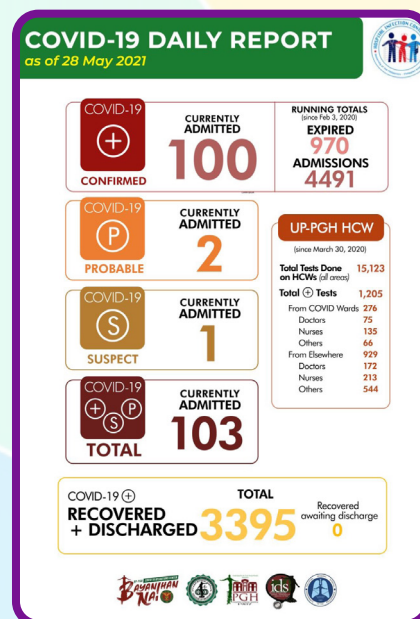
"Implementing a cross-country model, we found that stronger national capacities to detect and respond to emerging outbreaks are associated with better short-term economic outcomes for the Philippines; better prepared laboratory systems," Monsod declared.

Pandemic alternative futures

Another lecturer in the same webinar, Mr. John Wong, epidemiologist and professor at the Ateneo School of Medicine and Public Health, urged listeners to look at the pandemic as a system for a better and holistic understanding of where we are now and where we are headed.

Presenting a diagram of the system, he explained how the susceptibles can become exposed so that if we want to reduce their number, we have to reduce exposure to reduce transmission, as these are things we can control. This, he said will also lead to a higher recovery rate and lower death rate as the more active cases we have, the more susceptible people can be exposed.

TURN TO PAGE 5



JUANAs DURING THE PANDEMIC: YES, WE CAN!

JUANAs are trying to adapt their way during this pandemic. Adaptation is by no means perfect, but when lives are upended by a catastrophe, survival is a must for self, family, and country.

The theme of Women's Month 2021 reflects this drive. "*Juana Laban Sa Pandemya: Kaya!*" Chosen by the Philippine Commission on Women (PCW), it is both a rallying cry and a reminder to the flagging spirits of our people: "You are not alone. We are here. Women have always held up half of the Philippines. Together, we will survive."

And so, as the first salvo of that reminder and cry, Women's Month 2021 at UP Manila was opened with a bang by the Center for Gender and Women Studies (CGWS) and the Gender and Development Committees of the units. Their Guest Speakers for the Opening Ceremony embodied what Dir. Leilanie Apostol-Nicodemus said in her message, "someone who can give us strength and inspiration during this time": **Honorable Maria Leonor Robredo (Vice President of the Philippines)** and **Ms. Jill Javinari (Angat Buhay head, Office of the Vice President)**. The projects for the country by the OVP and its Angat Buhay Program, before and during the pandemic, are testaments to what visionary female leadership can do to uplift people despite a limited government budget and misogynistic behavior.

Chancellor Carmencita Padilla, in her message, gave a background to what women face during the COVID-19 pandemic: Women are the ones mostly affected; they face job loss



much more than men because they are over-represented in jobs hardest hit by the pandemic; they shoulder much of the burden at home, while facing increasing domestic violence; and they experience anxiety and depression like everyone.

In the Philippines, women are at the center of the COVID-19 response. Almost 70% are health workers; while the rest are administrators, educators, researchers, lab personnel, volunteers, organizers, facilitators, and community workers. Add to this some of the realities stated above, Chancellor Padilla continued.

"My dream is for a time when we don't have to set aside a month for gender equality. We at UP Manila are moving towards that. But such is not the same in other areas: the pandemic made women's access to quality services and availing of their rights more difficult. We must continue to be vigilant to make information and advocacy campaigns to make change work for women."

Vice President Robredo outlined what positive leadership can do: leaders who are competent and compassionate, empowering and nurturing, collaborative, and strategic get things moving in times of crisis. She cited, as examples, Prime Minister Jacinda Ardern's compassionate and collective leadership in New Zealand; Chancellor Angela Merkel's data-driven approach in developing

policy which is key in far lower death rate in Germany than its neighbors; and Taiwan's President Tsai Ing-wen's dignified approach in one of the most successful control of COVID-19 without going into full lockdown.

She addressed grumbles of some Filipinos that issues of women and gender should be set aside during the pandemic. This must not happen because women bear the disproportionate brunt of the pandemic's impact. In fact, they take even greater urgency today. "Progress has always depended on ensuring that those in the margins, including women, cannot only survive but also thrive," she said. "We must empower the last, the least, and the lost; and harness them into a tide that lifts all boats."

She emphatically stated that the glass ceiling keeping people (especially women) disadvantaged can be broken, "but we need more of us to do the work." As illustration, she said that her OVP and its Angat Buhay Program have seen first hand how the private and government sectors can work together to create meaningful changes for women.

VP Robredo ended her message with this: "Today's celebration is proof of what is possible, because we are not alone. There are many of us who are working for a truly better normal, one that is truly inclusive, that is truly equitable, that truly empowers

TURN TO PAGE 6

EDITORIAL BOX

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UPCN webinar revisits Philippine nursing towards responsive health systems

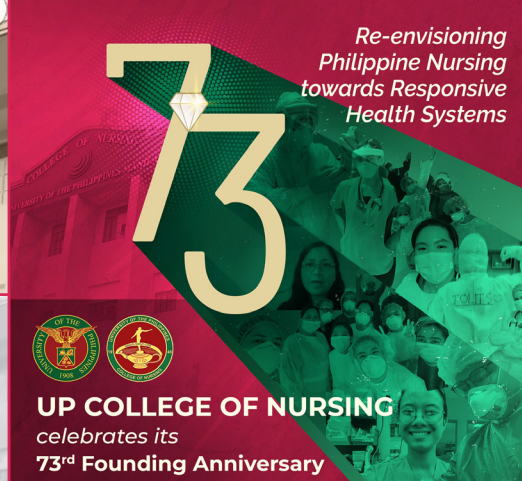
To celebrate its 73rd foundation anniversary, the UP College of Nursing (UPCN) conducted a webinar entitled “Re-envisioning Philippine Nursing Towards Responsive Health Systems” on April 8, 2021. The webinar aimed to mount more effective responses to stem the tide of the COVID-19 pandemic.

UPCN Dean Sheila R. Bonito emphasized in her opening remarks the need to revisit Philippine nursing to be more responsive to the evolving demands in the health and development scenario so that nurses can contribute to better health and lives of the Filipino people.

For her part, UP Manila Chancellor Carmencita Padilla cited the great role of nurses. “Nursing, as a key sector and component of the health system, has a societal obligation to think long term to envision a broader and collective approach not only due to COVID-19 but of other future crises,” she stated.

According to the World Health Organization State of The World Nursing Report in 2020, there are 526,331 registered nurse professionals with active licenses in the country, comprising 71.2 percent of the health workforce; outnumbering all other healthcare workers with a density of 49.2 nurses per 10,000 population. This overview of Philippine nursing was presented by UPCN Asst Professor Jenniffer T. Paguio, Head of the College’s Continuing Education and Community Extension Services Program.

However, despite the high nurse density, 2019 estimates show that unhealthy nurse to patient ratios in hospitals and communities lower the international standards for nurse workload. The emergence of the pandemic has significantly increased the workload demands with more acutely ill patients, and salaries still not commensurate to the value of services provided and to



the risk they face doing their job.

She added that a chief nursing officer who shall represent the nursing voice at the highest levels of the DOH has yet to be institutionalized, and advanced practice nursing roles have yet to be determined.

Dr. Annabelle R. Borromeo, Health Technology Assessment Council Committee Member and Citizens Representative, member of the Technical Working Group for the revision of Philippine Nursing, Dean and Director, Center for Nursing Impact and Patient Outcomes Action Lab, stressed that these prevailing issues stem from the reality that nurses are not valued. Part of the image problem that unfortunately persists to this day is that nursing is framed in the shadow of medicine as evidenced by a textbook the Department of Education recently released which describes the role of nurses as “*katulong ng doktor.*”

“How do we contribute to uplifting nursing so that we are recognized for our real value and not for being angels or fallen heroes? Let’s face it, the usual cliches are not working anymore like when we say we save lives, are we really presenting data that we do? When we say we’re making a difference, is that really true? The language of decision makers is data and that is where we always stumble.” Dr. Borromeo raised these issues in looking for solutions to the nursing situation in a new and different way.

Dr. Borromeo proposed the Inquiry-Driven Leadership Techniques which focus on a question-based approach to challenges, enabling leaders to become both creative problem finders and solvers by gaining tools to ask better questions. She also suggested to look into the science of the CHERISH foundational framework which is the seven foundational competencies that are inherent in every nurse patient encounter: **C** stands for the science and art of **Connecting** to patients and establishing rapport; **H** is **Holding** the patient in respect; **E** is **Evaluating** self-efficacy of the patient; **R** is **Responding** and anticipating a response; **I** is **Integrating** and coordinating care; **S** is **Sustaining** the mission; and **H** is the science of **Handing off** as patients transition from the hospital to home.

TURN TO PAGE 6

PPE

Updated Guidelines on the Use of Personal Protective Equipment

03 April 2020 (12PM)

No Benefit

- Create greater risk of touching dirty shoes
- Random environmental sampling of COVID areas in PGH shows us that **routine disinfection processes sufficiently remove viral load** over surfaces including PGH floors in COVID areas.

SHOE COVERS

Starting April 12, 2021, Monday: **Shoe covers will NOT be part of PPE Levels 3 and 4 anymore** & will be removed from Donning areas of all COVID areas.

Reuse!

- Do NOT discard
- Easily and immediately be disinfected with alcohol
- Re-use as long as the face shield remains fit

FACE SHIELD

Starting April 12, 2021, Monday: **Re-use face shields for all areas.** Alcohol & tissue paper will be provided at doffing areas, **spray both inside & outside surfaces then dry. May immediately re-use.**

Hand hygiene is best!

- Double gloving for COVID-19 is **not** necessary
- Use of inner gloves may have led to less practice of Hand Hygiene. This may partly explain the occurrence of MDROs in our wards.
- **Outside clean gloves** in Levels 3 and 4 **should be changed between patients.**

GLOVES

Starting April 12, 2021, Monday: **Inner sterile gloves will NOT be part of PPE Levels 3 and 4 anymore** & will be removed from Donning areas of all COVID areas. **Frequent hand hygiene & changing to new clean gloves MUST BE PERFORMED between patients.**

BAYANIHAN NA! Talunin natin ang COVID-19!



SHS TARLAC FROM PAGE 1...

curriculum, non-traditional recruitment policies, and its return service obligation. She explained that “knowing that health care can be rendered not only by doctors but also by midwives and nurses, the SHS ladder curriculum offered a clear, relevant, and immediate response to the lack of health workforce in the community.”

Chancellor Padilla emphasized that SHS students are directly recruited from communities and that UPCAT is not a requirement for admission. In relation to SHS’s return service policy, she related that the SHS student’s “social contract” with the community guaranteed that students returned to their

respective communities (to practice as a midwife, nurse, or doctor).

Dr. Padilla again emphasized SHS’s high retention rate of 85-90% as proof that SHS is “an effective program to address disparities in access to quality health care through the availability and deployment of doctors, nurses, and midwives for practice in underserved areas in the country.”

She thanked Tarlac Governor Susan Yap for the provincial government’s full support, saying that a close collaboration with the local government is a strong feature of the program as validated by the success of four decades of SHS’s existence.

In her message, Governor Yap

expressed overwhelming joy over the signing of the MOA. She related how the current COVID-19 pandemic has created an acute shortage of health human resources in primary health care centers which are at the forefront of the local health system. “We crucially need to develop more health professionals who will serve the depressed and underserved areas of the province particularly geographically isolated and depressed areas.”

Gov. Yap provided a critique of the current health science curriculum of most health science education institutions (HEI). She said that practically all HEIs follow a health science curriculum oriented towards the health care needs of foreign societies. However, the establishment of SHS Tarlac, she stated, will address this gap by developing health human resource directed towards rural practice.

SHS was established in Leyte in 1976. In 2008, the first SHS extension campus was opened in Baler, Aurora. In 2010, the SHS extension campus in Koronadal City, South Cotabato was inaugurated. The establishment of the SHS extension campus in Tarlac was approved by the UP Board of Regents last February 2021. To date, the SHS has produced 2276 midwives, 520 nurses, and 200 doctors; the overwhelming majority of whom are practicing in the country, mostly in their communities of origin.

The SHS extension campus in Tarlac Province is in San Isidro, Tarlac City in a newly reconstructed building within a 27-hectare lot owned by the Province of Tarlac. Approximately 2200 square meters of aggregate floor area will be for the exclusive use of the school. **Dr. Filedito Tandico**

UP CPH joins 1st global cohort to address vaccine hesitancy

The UP College of Public Health (UP CPH), also designated as SEAMEO TROPED Regional Centre for Public Health, received the 2021 This Is Public Health Global Grant Program (TIPH Global) sponsored by the Global Network for Academic Public Health.

TIPH Global is a one-year grant which aims to increase the visibility of public health in a region outside of the United States. The UP CPH team is led by Dr. Emerito Jose A. Faraon, the head of the College/Regional Centre’s Communications Unit. Dr. Raymond Francis R. Sarmiento, currently a Master of Hospital Administration graduate student and concurrent Director of the UP Manila National Telehealth Center, will be designated as the UP CPH TIPH Global Ambassador.

The project’s goals are: 1) to influence local government leadership and communities to design infodemic management interventions to encourage COVID-19 vaccination and improve supply chain logistics; 2) to counter misinformation and disinformation regarding COVID-19 vaccination; and 3) to evaluate the impact of said interventions after nine months of engagement and implementation.

UP CPH will collaborate with higher education institutions of public health and local government units in support of the Department of Health to develop a social marketing campaign in support of the COVID-19 vaccination program. **Gabrielle de Ocampo**

JUANAS FROM PAGE 3...

women. With institutions and advocates like you, I have faith that this better normal is close at hand."

Ms. Jill Javinari's part on how the Angat Buhay Program works is the perfect foil to the messages of VP Robredo and Chancellor Padilla.

Angat Buhay is the anti-poverty flagship of the OVP. It began in 2016. Through it, public and private sectors address the needs of the farthest and poorest sectors of the Philippines. As of March, it has reached around 2,089 communities, serving more than 341,000 families and more than 221,000 individuals. It worked with 617 private partner organizations and mobilized about 564 M worth of resources.

OVP and its Angat Buhay partners help people in 6 key advocacy areas: Women Empowerment, Rural Development, Food Security and Nutrition, Public Education, Universal Health Care, and Housing and Resettlement.

Its "modes of engagement" with people in fighting poverty are through Disaster Response and Rehabilitation, Angat Buhay Youth, Angat Buhay Women, OVP Caravan, and Sustainable Livelihood and Development. "We try to make our work sustainable and impact-driven as we know our term is limited. We make sure that the communities we help have programs that they can sustain on their own," she explained.

Like all very good programs, Angat Buhay works WITH (not AT or ON) the communities and their Local Government Units or LGUs as well as any private sectors in their areas; from identifying problems and solutions, to looking for partners who can help with the solutions, to co-implementing the programs with the communities. It has Monitoring and Evaluation Teams which go back and assess how the programs have impacted the people and how they can be further sustained. It is cooperation all throughout, with a win-win mindset for all.

The Opening Ceremony ended with the announcement of all the online activities prepared by the UP Manila units and their Gender and Development Committees. These are the PGH Free Mammography, Breast, and Cervical Screenings; HIV Screening from the PGH Sagip Unit; "The Super Juanas of PGH: A Showcase of all Women Frontliners" via the hospital's HDTV; PGH's Virtual Launching of MOVE: Men Opposed to Violence Everywhere @HDTV; College of Pharmacy webinars ("HIV in Covid Times: Women Choose to Challenge", "Women and the Economy of Survival", "Ang Babae Bilang Diviner sa Panahon ng Krisis", "Harana ng Tiklado Para sa Kababaihan"); CAS webinar ("Mga Natatanging Babaeng Bayani ng Kamaynilaan sa Panahon ng Himagsikan"); HRDO webinar ("Developing Self-Confidence for Women"); and, Women's Month Closing Ceremony/Awarding of Gawad Dakilang Babae. **Fedelynn Jemena**

HEALTH SYSTEMS FROM PAGE 2...

Prof. Wong mentioned immunization being done now as the silver lining to drain the susceptibles. The more people who can be immunized, the fewer who will become exposed, he argued.

To reduce the transmission rate, he suggested improving compliance with the minimum public health standards. DOH recently released guidelines for improving ventilation in workplaces,

avoiding mass gatherings, and active case finding and community mass testing.

He urged bringing the laboratories to the communities with a lot of cases as it's difficult to do contact tracing at this scale of the pandemic. "We have to prepare that capacity so that when the cases go down, we're able to do it better and prevent another surge. We have to be able to measure now how efficient we are in isolation and quarantine." **Cynthia M. Villamor**

HAVE YOU BEEN EXPOSED TO A COVID PATIENT?
DO YOU HAVE COVID SYMPTOMS?
DID YOU GET A POSITIVE COVID TEST RESULT?
DO YOU NEED ANY ASSISTANCE FOR COVID CONCERNS?

SEND US A MESSAGE.



<http://www.facebook.com/pghgabay>

UPCN WEBINAR FROM PAGE 4...

Dr. Borromeo asserted that the nursing curriculum should be designed so that the nurses become strongly committed to primary care specifically in the promotive and preventive aspects and put the needs of the Philippines first. To accomplish these goals, she proposed to use design thinking as a strategy as it refers to the cognitive strategic and practical processes by which design concepts are developed.

"A requirement for achieving this future is that each nurse contribute until we reach a tipping point. This is in keeping with Dean Sotejo's (UPCN founder and first dean) vision of professional nursing being vitally useful to society and the service of national significance," stated Dr. Borromeo.

UPCN Assoc. Professor Luz Barbara Dones in her closing remarks, honored the legacy of another UPCN professor and PRC Board of Nursing chair Dr. Carmencita Abaquin. "To her we owe the 2012 National Nursing Competency Standards which I hope will always be the basis for the nursing education community to shape and re-envision the role of the nurse now and in the future." **Charmaine Lingdas**