



NOVEMBER 2019 | VOL. I

NEWSLETTER

Philippine Ambulatory Pediatric Association, Inc.



PAPA 24th Annual Convention Committee Chairs and Members with Guest Speaker Senator Risa Hontiveros (front row-center) Front, L-R: Drs. Olga Formoso, Alexis Reyes, Vivina Chiu, Florianne Valdes, Mutya San Agustin, Rose Buzon, Bernadette Madrid and Margarita Luisa Alfonso. Middle L-R: Drs. Aldwin Castro, Sarah Mendoza, Rhina De Veyra, Jocelyn Echeverri, Edna Sarah Morada, Carmen Bonoan, Wenslyn Salvador, Ma. Jocelyn Quidlat, Angelica Tomas, Liza Santos, Elaine Corpus, John Kevin Alonzo and Edilberto Garcia, Jr.. Back L-R: Drs. Benjie Cabrera, Celine De Ocampo, Anna Hassan, Marjorie Apigo, Cecille Gan, Jeisela Gaerlan, Michael Resurreccion, Renee Neri, Angeli Dulawan, Jasmin Castillo, Ma. Eva Jopson, Cesar Labastida, Marionito Estanislao, and Peter Markus De Jesus.

PAPA Celebrates 25 Years

Founded in 1994, the Philippine Ambulatory Pediatric Association celebrated its 25th anniversary last March 5-7, 2019 at Seda Vertis North Hotel, Quezon City. The celebration is a fitting tribute to all the members and officers and board of trustees, past and present, showcasing the 5 advocacies in 25 years, the challenges encountered and how they made an impact to the welfare of the Filipino children. The celebration coincided with the 24th Annual Convention entitled "A National Summit for the Filipino Children: From Practice to Policy".

Spearheaded by Dr. Margarita Luisa Alfonso as Chair of the convention, and Dr. Alexis Reyes as Scientific Chair, the 3-day event proved to be different from its past conventions. This year, national and international guest speakers were invited to address the multiple influences on child health.

PRE-CONVENTION

The preconvention was held on the 1st day and was graced by 2 prominent speakers. Professor Philip Ozuah, M.D., a professor at the Department of Pediatrics in Epidemiology, Population Health at Albert Einstein College of Medicine and the Senior Executive Vice President and Chief Operations Officer at Montefiore Health Systems Inc. discussed the different ways on how to teach and engage medical students in the ambulatory setting of a low income, poor resource tertiary hospital. He emphasized the value of research, and how the everyday encounters with patients and daily challenges in patient management can be a valuable topic of research. Dean Charlotte Chiong from the University of the Philippines College of Medicine, reactor to Dr. Ozuah's topic shared the different methods employed in teaching students, residents and fellows in their institution. Professor Jo Ivey Boufford, a clinical professor on global public health at the College of Global Health, New York University, and the President of the International Society for Urban Health said that

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EDITORIAL

Margarita Luisa Agapinan - Alfonso, MD, FPPS

There were many firsts I did this year; drove my car for 3 hours outside of Metro Manila through torrential rains with almost zero visibility, drove through NLEX to Manila at 100-110 km/hr., spearheaded the 25th anniversary and the annual convention of the Philippine Ambulatory Pediatric Association (PAPA) and now, launch the maiden issue of the much awaited PAPA Newsletter. It has been 25 years and PAPA has so much to celebrate and boast about.

With its vision to promote continuous, compassionate and comprehensive care to the Filipino children, five advocacies have been established in 25 years; Reach out and Read, Tobacco Control, Childhood Injury Prevention, Tuberculosis Control, and Health Supervision for Infants, Children and Adolescents. Numerous projects have been done and currently being implemented to carry out the objectives of each of these advocacies.

Thus, in order to disseminate the goings-on of each committee, the newsletter will hopefully serve this purpose. PAPA has collaborated with various donors and foundations in order to carry out its mission to develop, strengthen and sustain public health programs and help craft public policies that will promote child health.

May I invite all our members and friends to actively participate and support our advocacies as we rally together to provide holistic, innovative and socially responsive healthcare for the children in the home, school and community.

“eliminating poverty, women’s education and empowerment, climate change, water and sanitation among others will be critical in achieving global health”. She said that problem solving to secure health in cities require political leadership and attention to health impacts of policies across government agencies, public-private partnerships and interdisciplinary scholarship to address the broad determinants of health.” Dean Manuel Dayrit of the Ateneo School of Medicine and Public Health shared his findings and insights published in his book regarding the Philippine Health System Review: Progress, challenges and future directions in Asia.

CONVENTION HIGHLIGHTS

The opening ceremonies on the 2nd day was led by PAPA’s president, Dr. Edilberto Garcia, Jr. This was followed by the video presentation of PAPA’s programs and activities in its 25 illustrious years. Dr. Susan Pineda- Mercado, the World Health Organization’s Regional Office Director of Non - Communicable Diseases and Health through the Life Course for the Western Pacific and keynote speaker for this annual convention shared about their



Foreign Speakers and Guest Reactors with the PAPA Board of Trustees and Members of the Organizing Committee. Front L-R: Drs. Olga Formoso, Mutya San Agustin, Drs. Charlotte Chiong, Manuel Dayrit, Philip Ozuah, Perri Klass and Jo Ivey Boufford, Dr. Margarita Alfonso, Dr. Bernadette Madrid (guest speaker) and PAPA President, Dr. Edilberto Garcia, Jr. Back L-R: Drs. Ma. Jocelyn Quidlat, Mariella Castillo (guest speaker), Rosalia Buzon, Jeisela Gaerlan, Wenslyn Salvador, Liza Santos, Elaine Dinolfo (speaker), Carmen Bonoan, Marjorie Apigo, Benjamir Cabrera, Alexis Reyes, Renee Neri, Loreta Mendoza, Angelie Dulawan, Ma. Eva Jopson, Jasmin Castillo, Rory Gonzales, Angelica Tomas, Marionito Estanislao, Edna Sarah Morada and Michael Resurreccion.

experiences in tackling the current measles epidemic that wreaked havoc in the Philippines. She emphasized the importance of immunization in preventing diseases in children. Dr. Mariella Castillo, a health and nutrition specialist at UNICEF Philippines on the other hand stressed the importance of government and all the stakeholders, investing in the 1st 1000 days, that is, from conception to 2 years of age. “This is one of the most efficient and effective ways to help eliminate extreme poverty and inequality, boost shared prosperity and create a human capital needed for economies to diversify and grow.” The Chief of Hospital of Candelaria Quezon, Dr. Grace Santiago beamed with pride as she unselfishly shared their municipality’s challenges and best practices in carrying out their activities for the “1st 1000 days”.

One of the most anticipated topics for the day is the Reach Out and Read: The Next Chapters in Our Story by the world-renowned book writer and Professor of Pediatrics and Journalism of New York University, Dr. Perri Klass. She described her journey as National Medical Director of Reach Out and Read and how the program has impacted the lives of children living in marginalized society. She encouraged each one of us to think of ways to improve and innovate activities related to the program. Professor Dina Ocampo-Cristobal, author of Basic Education Sector Reform Agenda for the Department of Education highlighted the value of K to 12 curriculum in the Philippines and promoted the value of early literacy. Meanwhile, Dr. Anthony Calibo, the OIC Chief of the Children’s Health Development Division, Department of Health Disease Prevention and Control Bureau mentioned that key interventions namely immunization, breastfeeding, family planning, food supplementation



Keynote Speaker, Dr. Susan Pineda-Mercado (center) led the Opening Ceremonies of PAPA’s 24th Annual Convention together with (Clockwise) Drs. Alexis Reyes, Edilberto Garcia, Jr. Wenslyn Salvador, Olga Formoso, Margarita Alfonso and Mutya San Agustin

and education of mothers have been found to reduce preventable causes of newborn, infant and child mortality. On the other hand, Dr. Edna Sarah Morada, head of the Outpatient Services of the Department of Pediatrics at East Avenue Medical Center discussed various ways to childproof homes to protect children from accidents and injuries. She added that "success in protecting our children needs the collaboration of parents, teachers law enforcement and government and non-governmental organizations."

Dr. Elaine Dinolfo, a general pediatrician at NYC Health and Hospital Harlem New York said that reciprocal human interaction, nurturing and supportive positive relationships, safe welcoming environments with appropriate stimulation and nutrition are invaluable in the prevention of lasting negative effects of toxic stress which will lead to a positive developmental and health benefits in children. Various programs on tobacco control and tuberculosis control were tackled by Drs. Maria Encarnita Limpin and Anna Lena Lopez, respectively. Updates on TB diagnosis were also presented.



Pre-convention L-R: Dr. Jo Ivey Boufford (Guest speaker), Dr. Margarita Alfonso (Convention Overall Chair), Dr. Edilberto Garcia, Jr. (PAPA President), Dr. Philip Ozuah (Guest speaker), Dr. Mutya San Agustin (PAPA Founding President), Dr. Charlotte Chiong, (Reactor), Dr. Manuel Dayrit (Reactor) and Dr. Alexis Reyes (Scientific Committee Chair)

RESEARCH ABSTRACTS PRESENTED DURING THE 24TH ANNUAL CONVENTION

Seven research abstracts were chosen by the research panel to present during the 1st day of the convention.

1. Screening for Neurodevelopmental Concerns Using the Parents Evaluation of Developmental Status (PEDS) Among Children Aged 3 months to 5 years old Enrolled in the Pantawid Pamilyang Pilipino Program (4Ps) in Brgy. Pinyahan, Quezon City by Sheryl Anne O. Co, M.D - Philippine Children's Medical Center
2. Effectiveness of Digital Media Technology- Based Interventions a on HIV and STI Sexual Risk Reduction Among Young People: A Meta-Analysis by Paul Sherwin O. Tarnate, M.D -University of the Philippines- Philippine General Hospital.
3. Predictors of Childhood Caries Among Children 3-6 Years Old Consulting at the Outpatient Dental Department of Tondo Medical Center between April 2015-April 2016 by Anviojo Montana L. Pua, M.D.- Tondo Medical Center.

4. Knowledge, Attitude and Practices on Prevention of Home-Related Injuries Among Mothers Seeking Consult at the OPD of a Tertiary Government Hospital by Joy Ganancial-Bullos, M.D. - Philippine Children's Medical Center.

5. Association of Parenting Styles and Feeding Styles with Food Preferences of Filipino Preschool Children at the Medical City: A Cross-sectional Study by Mae Ann T. Kho, M.D.- The Medical City.

6. Impact of a Video-based Intervention on the Knowledge, Attitudes and Behaviors Towards Hearing Loss Prevention Among High School Students in Ramon Magsaysay High School Manila by Mary Jane Tiffany L. Go, M.D., - University of Santo Tomas.

7. Degree of Family Disaster Preparedness Among Families Consulting in a Tertiary Hospital in Quezon City and Its Association with Demographic Profile by Mary Euphrasie B. Agunay, MD- Philippine Children's Medical Center.



Fellowship Night Celebration with members, former presidents and friends. Front L-R: Drs. Marthony Basco, Margarita Alfonso, Edna Sarah Morada, Ramon Arcadio and Jocelyn Yambao-Franco. Back L-R: Mr. Raul Macasinag (CMG Manager-Unilab Inc.-Pediatrics), Drs. Wenslyn Salvador, Ma. Eva Jopson, Ma. Jocelyn Quidlat, Ms. Genevieve Tan (Biogesic for Kids Brand Manager) and Dr. Olga Formoso.

FELLOWSHIP CELEBRATION

It was truly a memorable night of celebration and laughter as we reminisce the beginnings of PAPA. This was encapsulated in a video presentation made by Dr. JK Alonzo. All 5 advocacies were highlighted. A tribute was given to all the past presidents and their contributions to the growth of PAPA. All the 4 chapters, NCR, Bulacan, Cebu and La Union presented sensational rousing dance numbers to the delight of the audience. Dr. Mutya San Agustin, the mama of PAPA was thankful the organization reached 25 years and hoped to count more... and more members. To end the celebration, everyone danced the night away led by professional dancers. The show was conceptualized by the Socials Committee led by Dr. Olga Formoso and ably hosted by Drs. Mary Joan Millonado and Marthony Basco.



PAPA Presidents, Past and Present: L-R: Drs. Mutya San Agustin (Founding President), Bernie Madrid, Fusca Piczon, Rose Buzon, Ramon Arcadio, Jocelyn Yambao-Franco, Ma. Jocelyn Quidlat, Florianne Valdes, Liza Santos and Edilberto Garcia, Jr. Not in photo are Drs. Amelia Fernandez and Benjamin Sablan, Jr.

Advocacy Updates

CHILDHOOD INJURY PREVENTION COMMITTEE

Ma. Eva Jopson, MD, FPPS

Members of the Committee on Childhood Injury and Prevention conducted 4 A.I.D.E. (Accident, Injury, Disaster, Emergencis) seminars this year. One was held last August 5, 2019 for the La Union Chapter of PAPA. This was held at the Ilocos Training and Regional Medical Center (ITRMC), San Fernando La Union and attended by 50 participants. The other training was held in Mendez, Tagaytay last August 30, 2019 in coordination with the Family Health Office of the Department of Health for CALABARZON. 164 participants attended which included representatives from DSWD, PNP, LGU's and school officials. The 3rd AIDE training was conducted last September 20, 2019 at Los Banos Doctors Medical Center. The seminar focused on injury prevention in the home and school setting. This was attended by 80 participants, mostly teachers, nurses and school physicians. The last training was held on October 9, 2019, spearheaded by Dr. Eva Jopson together with the Community Outreach staff of the Philippine Children's Medical Center (PCMC) represented by Dr. Jasmin Castillo and the pediatric residents on community rotation. They conducted the first Injury Prevention Education in Schools through Book Readings at the Malaya Elementary School, District 4 Quezon City. Seventy-seven students, together with the Grade 1 teachers of 2 sections actively participated in the activity. Grade 1 students were given the book "Keeping Jeff Safe" to take home and keep.



Scientific Forum and Workshop on A.I.D.E. in Tagaytay led by Drs. Eva Jopson (3rd row, 5th fr left), Marjorie Apigo (3rd row, 12th fr left), Soraya Alvarado (3rd row, 3rd from left) and Renee Neri (3rd row, 4th fr left) with DOH-CALABARZON staff

HEALTH SUPERVISION GUIDELINES (BAHAGHARI)

Amelia R. Fernandez, MD, FAAP

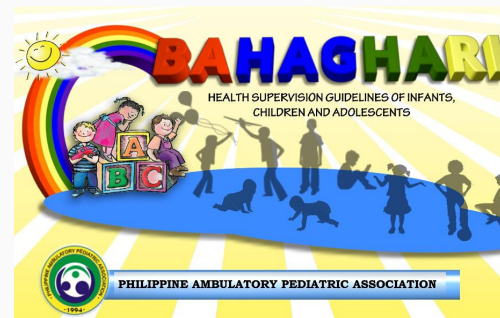
The project started in 2001 as BAHAGHARI, a guideline of child health supervision for healthcare professionals, adapted from the Bright Future Guidelines book produced by the American Academy of Pediatrics. This pocket book has been distributed during the PPS conventions that serves as a quick reference book on child health, anticipatory guidance and advice given during each health visit. The 1st edition of BAHAGHARI was published in 2002. The book released several editions thereafter the latest of which is the 5th Edition released in May 2019.

Mutya San
Agustin, MD, FAAP
PAPA Founding
President



The Philippine Ambulatory Pediatric Association, Inc. celebrated its 25th Anniversary, founded in 1994, not only to promote social and scientific needs of its members but to promote child health and well-being. To address the unmet needs of Filipino children, PAPA adapted the Advocacy framework, blending science, ethics and politics that help transform systems and improve environment and policies to shape patients behavior choices and ultimately their health. When it comes to advocacy for the health of children, no one can carry the message with conviction, compassion and credibility than pediatricians. In the past 25 years, PAPA has successfully and effectively demonstrated full commitment to child advocacies on Tobacco Use Control and Community-Based TB in Children and Adolescents; Reach Out and Read Program; Injury Prevention; Bahaghari (Anticipatory Guidance). The accomplishments of these advocacies in partnership with local, national and international organizations has gained National and International recognition.

I complement and pay tribute to the officers, board, chapters, committees and members who has given their time and effort to this advocacies that has protected, supported and improved the lives of children and families. Thru your continuing leadership and commitment to the fulfillment of the vision, mission and objectives, PAPA, Inc, will move forward successfully in the next 25 years. Let us reach out to pediatricians and other health professionals to be active members of PAPA and its Chapters, and join its advocacies.



Bahaghari 5th Edition 2019

Advocacy Updates

EARLY LITERACY

Reach Out and Read

Carmen Ramos-Bonoan, MD, FAAP

PAPA's advocacy to promote early literacy with the evidence-based Reach Out and Read model adapted from the Reach Out and Read National Center in Boston, Massachusetts continues to expand as more interest to integrate the initiative in pediatric primary care has grown. The year was marked by several significant events and activities that included the following:

1] January 2019: Participated as a member of the Technical Working Group (TWG) convened to draft the Implementing Rules and Regulations (IRR) of RA 11148, the Kalusugan at Nutrisyon ng Mag Nanay Act (aka The First 1000 Days of Life Bill) signed into law by President Duterte in November 2018.



Members of the Technical Working Group (TWG) to draft the Implementing Rules and Regulations (IRR) of RA 11148, the Kalusugan at Nutrisyon ng Mag Nanay Act (aka The First 1000 Days of Life Bill) with Dr. Francisco Duque (back row, 6th from left) and PAPA-RORP Dr. Carmen Ramos-Bonoan (middle row, 5th from left)

2] March 2019: 25th PAPA Annual Convention: Dr. Perri Klass, National Medical Director of Reach Out and Read National Center was one of 5 plenary speakers and she spoke about the progress and accomplishments of ROR.

3] Adarna Group Foundation, Inc.

-RORP consultant for Eager Reader website with book recommendations for children 0-5 years old and lecture series for teachers and day care workers.

-Partnership with Unang Aklat, AGFI initiative to promote early literacy in very low income communities in Anao, Tarlac, Samal and Hermosa in Bataan.

4] League of Corporate Foundations: Presentation at CSR Marketplace: "Reach Out and Read: Can We Create a Nation of Readers?"

5] Wyeth grant funds of P1M given to RORP for expansion and sustainability of ROR programs:

-Production of ROR training videos and print materials for distribution

-Orientation and training on the integration of ROR in primary pediatric care in:

a. Ilocos Training and Regional Medical Center, Bauang, La Union, sponsored by PAPA La Union Chapter

b. Lucena City, Q1K Program (Quezon First 1000 Days), sponsored by Quezon Governor and Provincial Health Office

c. Pasig City General Hospital Department of Pediatrics.



Dr. Perri Klass, Reach Out and Read National Center Medical Director and Dr. Carmen Ramos-Bonoan, Reach Out and Read Philippines National Director at Ilugin Community Center, Pasig City.

Start-up funds of P10K given to each site as new books for ROR participants. Presentations also given in Manila Medical Center and Perpetual Help Medical Center and training of pediatric staff will start in January 2020.

6] Safe Birth and RORP: new collaboration with Unilab-sponsored program in several municipal health centers in QC. Presentation given to 200 moms and training of staff to incorporate books and reading in the program will be done early 2020.

7] Agreements with 3 publishers of children's books, Adarna House, Ilang ng Tahanan and Learning Is Fun (Western Pacific Publications) formalized and will enable all ROR program sites to purchase books at 30% discount.

8] "Picture Books and Reading Aloud to Support Children After a Natural Disaster", paper that described the effects of a modified intervention by PAPA team in Tacloban, Leyte after Superstorm Haiyan (aka Yolanda), was published in the International Journal of Emergency Mental Health and Human Resilience.

Increased interest in ROR and its integration in pediatric primary care and in community health settings encourage us to persevere, explore other opportunities for collaboration and development of different models and engage in research to determine the impact of this unique intervention on the parents and children who participate in the program as well as on the staff who continue to promote the importance of literacy for early brain and child development. Help us reach more children and families. Join us as members of the ROR training team and as featured speakers in events that promote early pediatric literacy.



Dr. Ma. Jocelyn Quidlat (6th from left), Dr. Carmen Ramos-Bonoan (7th from left), Dr. Alexis Reyes (center), Dr. Perri Klass (6th from right), Dr. Maricris Castro (5th from right), Dr. Julie Jose (4th from right) with the Pediatric residents at AFP Medical Center.

For more information, please contact:

CARMEN RAMOS-BONOAN, MD., FAAP

National Director, REACH OUT AND READ PHILIPPINES

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The Tobacco Control Committee recognizes the urgency to act on the fast growing popularity of Electronic Cigarettes (E-cig) or vapes especially among the youth. E-cig pose a great risk of nicotine addiction particularly if exposure happens before the age of complete maturation of the pre-frontal cortex (25 years old). While E-cig manufacturers are aggressively promoting their products as a safe alternative to smoking and many young people are taken in (in epidemic proportions in the US and our own young countrymen may follow suit) putting their developing brain at risk on top of the many other health hazards brought about by the aerosols containing volatile organic compounds like nitrosamines and heavy metals among others, which can lead to various serious diseases particularly cancer.

Following the same principles of the World Health Organization Framework Convention on Tobacco Control. PAPA has linked with other medical societies to ally with government (LGU's, FDA, DOH, DEEd) and civic organizations like Health Justice Philippines, Vital Strategies among many, bringing some issues and concerns pertaining to tobacco control especially for the youth to Congress and Senate; for strong regulation of cigarettes minimum age for purchase to 21 years old- which was initially 25 years which was met by strong resistance by policy makers, banning of cigarette flavors, advertisement, packaging details (volume, concentration, child proof containers, graphic warnings) and taxation. PAPA as part of a coalition group of PPS worked

with the Technical Working Group for E-cig Regulation of the previous Senate and in Congress participated in the hearings for E-cig. The new Senate and Congress have yet to resume deliberations on the new E-cig bills. Upon the admonishment of PAPA founder Dr. Mutya San Agustin-Shaw, reconvening of the Global Alliance for Tobacco Use Control is in place and the committee will try to come up with a program to reach out to the parents and children regarding tobacco use control during their primary health visits. PAPA needs to involve more people. Vaping and smoking problem is primarily nicotine addiction. The burden is heavy.



Various support groups present during the senate hearing of the Sin Tax Bill. Dr. Marionito Estanislao represented PAPA (Front, 5th from left)



Wenslyn SM Salvador, MD, FPPS
PAPA President (2019 - 2021)

For the past 25 years the Philippine Ambulatory Pediatrics Association, Inc. (PAPA, Inc.), has been true to its mission of promoting the health of the Filipino children. Thru its various advocacies, PAPA Inc. has achieved the following feathers in its cap:

1. Successfully disseminated knowledge and information on childhood injury;
2. Helped in the recognition and prevention of child abuse;
3. Identified the correlation of tobacco smoke and tuberculosis in children;
4. Promoted literacy thru reading aloud to the child; and
5. Provided guidance to the pediatrician in assessing the milestones and general health of a child.

PAPA Inc. has been recognized by international research foundations as the front liner in research on early literacy, tuberculosis in children and parenting.

In the next 25 years, I envision PAPA, Inc. to become the lead organization involved in creating health policies for the benefit of the Filipino children. Furthermore, PAPA Inc., in all its advocacies, will champion its cause to promote the health of children in the Philippines and recognized as one of the leaders worldwide.

A COMMUNITY-BASED TUBERCULOSIS CONTROL PROGRAM IN CHILDREN

PAPA adopted a community-based public-private partnership model for tuberculosis control program for children working with local government units and using national guidelines set by the Department of Health. One commendable partnership project, "Scaling Up on TB in Children Project in Three Local Government Units of Pampanga as a Model for Enhancing TB Control in Children Program of NTP" was funded by USAID through PBSP/IMPACT has produced field guides for doctors, nurses, midwives, teachers, barangay health workers and daycare workers as well as IEC materials for children with TB. Meanwhile, PAPA also contributed to the Community TB Chapter of the Tuberculosis in Infants and Children Handbook, 4th Edition.

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